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A NEW SEASON (OF TV) IS UPON US
METRO RATES THE TOP FALL SHOWS {page 10}

ASHTON AMOROUS WITH MOORE
DISH {page 13}

OTTAWA metro®
Tuesday, September 28, 2010
www.metronews.ca

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Easter Seals. Drop Zone

▶ Dressed as Chicken Girl, Lisa Riopelle, representing the Chicken Farmers of Canada, takes her first steps off the roof of the Delta Ottawa Hotel and Suites yesterday.

TIM WIECLAWSKI/METRO OTTAWA

Over the top for Easter Seals

Sixty-five rappellers raised around $75,000 for Easters Seals Ontario yesterday for the privilege of rappelling 18 storeys down from the roof of a downtown Ottawa hotel. This was the first Drop Zone event held in the city.

Going the distance

Several distance education options, but choose with care {page 26}

Bills release Edwards

Surprise move comes after 0-3 team benches QB {page 28}

Athletes arrive in Delhi

Canadian team members begin landing in India for problem-plagued Commonwealth Games Athletes warned not to go out in national team apparel

MUSTAFA QURAISHI/THE ASSOCIATED PRESS

▶ Field hockey player Ken Pereira displays the flag after arriving in Delhi yesterday.

The first wave of Canadian athletes at the troubled Commonwealth Games are arriving to "adequate" accommodations.

First to land are flag-bearer Ken Pereira and the men's field hockey team, the women's table tennis team, several shooters, the gymnastics team and the last of the Canadian mission staff. All were due to touch down in Delhi last night.

A team spokesman says the Canadians will stay at the athletes village.

"All the rooms for these people are ready," said Canadian press attache Yan Huckendubler. "Now we are functioning day-by-day. Every day we prepare the rooms for the athletes arriving the next day. It's really touch-and-go, but they are all staying at the village."

Huckendubler said the rooms are clean and outfitted with necessities.

"It's adequate," he said.

"Certainly much better than the state we found a week ago.

"It's not five-star but for athletes in competition, it is correct," he added.

Like the English, the Canadian athletes have been told not to wear team uniforms while out sightseeing in the city.

The RCMP advice is: "Avoid going outside because it's a completely different environment," said Huckendubler.

If they must go outside, Canadian team members have been told to wear casual clothes that don't have team designations.

THE CANADIAN PRESS

MORE COVERAGE, PAGE 6

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OCTOBER CLASSES
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Accounting and Payroll Administrator

Program Objective
The objective of this program is to train students in the practices of financial accounting and payroll in Canada. This program focuses on three key elements that exposes each student to gain an understanding of the theoretical principles of accounting and payroll, the practical "hands on" skill required to do the job and the communication skills needed to work within an office environment. Each successful student will have the necessary skills to enter into the workforce and maintain a complete set of books, both manually and with computerized systems.

Career Opportunities
Graduates of this program will have the opportunity to enter the workplace with the skills to perform the tasks carried out by employees within accounting departments such as Accounts Receivable, Accounts Payable, Billing, Payroll and Collections. Employers are looking for competent accounting and payroll professionals who are trained to effectively collect, record, organize and prepare financial records. An accounting background is one of the first steps into Business Management.

Accounting and Payroll subject matter includes:
Technical Skills
- Bookkeeping & Financial Accounting–Levels 1 & 2
- Intermediate Accounting
- Computerized Accounting, Simply–Levels 1 & 2
- Computerized Accounting, AccPac–Levels 1 & 2
- QuickBooks
- Introduction to Payroll
- Human Resources
- Introduction to Business
- Effective Business Writing

Fitness and Health Promotion

NEW

Program Objective
The objective of this program is to provide the theoretical knowledge and the practical skills required to plan, market, and deliver safe and effective fitness and health services to individuals and groups in diverse settings.

Career Opportunities
Starting your own personal training business is an option! Corporations and hotels that offer leisure and wellness programs are other options. Opportunities also abound in:
- Fitness and Health Clubs
- Retail Fitness and Sports Stores
- Municipal Recreation Centres
- Health Promotion Agencies
- Hospitals and Rehabilitation Clinics

Fitness and Health Promotion subject matter includes:
- Anatomy and Physiology
- Exercise Physiology
- Nutrition and Wellness
- Community and Civic Life
- Leisure Program Design & Management
- Group Exercise
- Fitness Assessment & Program Design
- Biomechanics & Kinesiology
- Personal Training and Programming
- The Business of Personal Training
- Advanced Exercise Techniques

Certification
This program helps prepare you for these Can-Fit-Pro certifications:
- Fitness Instructor Specialist
- Personal Trainer Specialist
- Nutrition & Wellness Specialist

Onsite Can-Fit-Pro testing is provided for graduates

Personal Support Worker

"Knowing that you are making a difference" to people who need you is what makes this career choice very rewarding. Graduates of the Personal Support Worker Diploma Program are prepared to pursue a career in the traditional nursing assistant role in health care environments such as nursing homes, retirement residences, hospitals, hospices, and with health care service organizations.

This 24 week program includes 11 weeks of clinical placement.

Medical Office Assistant

Do you like working with people? The Medical Office Assistant program is designed to provide you with the medical, clerical, and communication skills necessary to start a career as a member of the health care team in a medical office.

This course is a 30 week diploma program and includes a 4 week co-op placement.

Pharmacy Technician

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility. The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**,

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Transportation plan gets panned

Mayor Larry O'Brien's transportation plan — in particular, his proposal to construct a ring road around Ottawa — drew withering reviews from his rivals yesterday.

O'Brien provided two main justifications for the ring road.

"You need to be able to, one, give the people in the rural and suburban areas a way of moving around the city that doesn't take them through the core.

"Second of all, you need to be able to give transport trucks a way of getting around the city without going through the core."

Jim Watson derided the plan as "a throwback to the 1970s."

"Mr. O'Brien's plan calls for a billion-dollar highway that would literally eviscerate the green belt," he said.

"Off-ramps would be added, we'd add to urban sprawl, and massive costs would be shouldered by the taxpayers."

Clive Doucet was equally unenthusiastic.

"Right now we desperately need relief on the 417 and that means an alternative public transit solution, not more roads," he said.

STEVE COLLINS

For more local news, visit metronews.ca

STEVE COLLINS/FOR METRO OTTAWA

▶ Larry O'Brien's transportation strategy involves promoting Kettle Island Bridge as the most viable option for a new interprovincial bridge.

Some new voices on climate change

Third-year student one of 29 young Canadians attending meetings with Canadian Youth Climate Coalition, Nov. 29 to Dec. 10

TIM WIECLAWSKI
@METRONEWS.CA

As a member of Canada's youth delegation to the United Nations Climate Change Meetings, Carleton University Student Arielle Kayabaga is expecting some pressure from other countries.

"Our country is a little bit slacking, but we want to be there to show that even though our politicians are slacking, we are not," she said.

"We want to prove to the world that the future of Canada will be doing something (about climate change)."

At the meeting in Cancun, Mexico, delegations will be working toward a new international agreement on climate change to replace the Kyoto Protocol, which expires in 2012.

"It's time our generation contributes and cares more about our planet. If we don't, who will?"
ARIELLE KAYABAGA

Canada abandoned the Kyoto Protocol in 2007.

Kayabaga said she hopes the event can send a message to the government that Canada needs to take a more active role promoting climate change initiatives.

Despite still being in her teens, Kayabaga is very active politically.

She was a member of the Second Franco-Ontarian Parliament and is a member of the Young Liberals of Canada. She is also developing a foundation to help women and children in her community.

TIM WIECLAWSKI/METRO OTTAWA

▶ Carleton University student Arielle Kayabaga, 19, has spent much of this term researching the Kyoto Protocol to get ready for the conference.

1 news

News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

Allan Small says investors have plenty to be optimistic about after the recent market breakthrough. More at metronews.ca/investing

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Centre expected to generate new jobs

10 per cent of the bookings at the convention centre are from outside Canada and the United States

TIM WIECLAWSKI
@METRONEWS.CA

With six months still to go before it's scheduled to open, the Ottawa Convention Centre has already lined up 80 events over the next four years.

That's going to have a huge impact on the city, said OCC chair Jim Durrell. Tax revenue alone is expected to generate over $130 million for the provincial and federal government, he said.

Prior to demolishing the old building, Durrell said they only had 15 conventions booked over the same time.

Ottawa is home to over 165 national associations, but the largest 15 per cent could never host a convention here because there were no venues.

Stats

The new Ottawa Convention Centre cost at total of $180 million. This includes design, engineering, legal services and state-of-the-art information communication technology.

- **Space** The centre will have over 400,000 sq. ft. of floor space, more than double the old building.
- **Room** There will be 24 meeting rooms on the first two floors, ranging in size from 1,000 to 24,000 sq. ft.

1084 The number of pieces making up the glass wall facade on Colonel By Drive. Each piece weighs around 700 lbs.

TIM WIECLAWSKI / METRO OTTAWA

▶ Provincial Infrastructure and Energy Minister Bob Chiarelli, centre, and Jim Durrell, Chair of the Ottawa Convention Centre Board, get a sneak peak of what will become the ballroom on the building's fourth floor yesterday.

Watson suggests money-back guarantee

Jim Watson says he wants to improve customer service at city hall, possibly including money-back guarantees.

"I think we need an overall attitude change at city hall. City Hall should be there to be helping people, not hindering them," Watson told a group at the Abbotsford House Senior Citizens' Centre yesterday.

Approvals for site plans and zoning applications, he said, take too long and involve too much red tape.

As provincial minister of consumer affairs, Watson recalled, he tackled a backlog of 300,000 birth certificate applications by automating the system and waiving all fees for any online applications that weren't processed in 15 business days.

"We've got to bring that same attitude to city hall and if the city doesn't meet the standards that we've all agreed on, you shouldn't be punished by being forced to pay for that service.

"After the last four years we have to, in my opinion, return to a City Hall that's on your side."

STEVE COLLINS

STEVE COLLINS / METRO OTTAWA

▶ Jim Watson, left, chats with David Farr at Abbotsford House.

"For the small businesses in our community, we've discovered that they're pretty good down at City Hall rolling out the red tape when they should be rolling out the red carpet to assist business to grow, expand and create jobs."
MAYORAL CANDIDATE JIM WATSON

Maguire warns tunnel means taxes

Mayoral candidate Mike Maguire is warning that a downtown transit tunnel, whether for light rail or buses, will result in big property tax hikes.

He calculates that the $2.1 billion light rail system, once operating and maintenance costs are figured in, would require at least a 16 per cent rise in taxes, while bus rapid transit would bring about a 6.5 per cent increase, and nearly $100 million for new buses. Maguire is campaigning for surface rail similar to the GTA's Go Train, with trains from Orleans, Kanata, Barrhaven and Riverside South, which he guesses would cost $215 million. STEVE COLLINS

STEVE COLLINS / METRO OTTAWA

▶ Maguire

Man beaten, robbed in home

A 58-year-old man was beaten and robbed in his home by two men on Sunday night.

Around 11:15 p.m., two men entered an apartment at 255 Donald St. and robbed the resident at knife point. The victim suffered minor lacerations and bruising.

One suspect is described as a black male, with a shaved head and an average build.

The second suspect is described as an aboriginal male, with slicked-back black hair.

TIM WIECLAWSKI

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Athletes arriving in Delhi — ready or not

India races to finish preparations for Commonwealth Games
Banners can't hide problems

The banners were erected at the little hillside enclave while everyone was at work, long blue and purple signs showing a smiling cartoon tiger proclaiming the arrival of the Commonwealth Games.

By nightfall, the enclave was nowhere to be seen.

The plastic-roofed shanties that are home to more than 200 people — labourers who have spent the last year fixing up the city's roads for the Games — had disappeared behind the smiling tiger.

The Commonwealth Games will bring together nearly 7,000 athletes and officials from 71 countries and territories.

India wanted the Games to help showcase its reputation as a growing economic power.

But days before the Oct. 3 opening ceremony, organizers were facing criticism over everything from the filthy state of some rooms in the athletes' village to questionable construction to security worries and snakes reportedly found in the athletes' village.

As for poverty, officials seem to want no one to ask at all.

Officials launched a drive against beggars, slum neighbourhoods and the homeless earlier in 2010 that was so aggressive — demolishing thousands of slum homes and arresting or displacing thousands of people, rights group say — that the courts finally stepped in to stop them.

"You cannot just take bulldozers anywhere and demolish anyone's house in the name of the Commonwealth Games," a New Delhi court said.

THE ASSOCIATED PRESS

SAURABH DAS/THE ASSOCIATED PRESS

▶ School girls wait to perform to welcome Scottish team members at the Commonwealth Games village in New Delhi yesterday.

Time to move on from stimulus: Flaherty

The federal Tories say their $62-billion stimulus package has saved or created almost 200,000 jobs since the beginning of 2009.

In its sixth update on how well the stimulus package is working, the government says it has now committed funding to 23,000 infrastructure projects across the country.

The report says the plan is on track, and has been responsible for supporting much of Canada's recovery.

"Canada's economic action plan has helped Canada through the worst recession since the 1930s," Finance Minister Jim Flaherty said in Montreal.

Ottawa has not actually counted the jobs created by its array of programs.

Rather, in an annex in the report, the government explains that it has estimated the job creation by using a combination of mathematical models and assumptions based on history.

The finance minister repeated the two-pronged message again yesterday.

"The government is focused on finishing the job of implementing the economic action plan. We will also continue to monitor economic development closely and will take action as necessary to protect the economic recovery," he said.

The opposition parties, as well as municipal and provincial governments, are asking Ottawa to be show some flexibility as the stimulus funding draws to a close.

THE CANADIAN PRESS

RYAN REMIORZ/THE CANADIAN PRESS

▶ Finance Minister Jim Flaherty at the Port of Montreal yesterday.

23,000
Approximate number of projects that were funded by the stimulus money.

Segway maker dies riding vehicle

A British businessman who owns the company that makes the two-wheeled Segway has been found dead in a river in northern England after apparently falling off a cliff on one of the vehicles, police said yesterday.

The body of Jimi Heselden, 62, and a Segway personal transporter were found in the River Wharfe and he was pronounced dead at the scene, West Yorkshire Police said.

A witness reported seeing a man fall Sunday over a nine-metre drop into the river near the village of Boston Spa, 225 kilometres north of London. THE ASSOCIATED PRESS

Tories win majority in N.B.

New Brunswick voters elected a sizeable Conservative majority government yesterday, throwing out Premier Shawn Graham's Liberals after a single term. The Tory Leader is David Alward.

THE CANADIAN PRESS

ANDREW VAUGHAN/THE CANADIAN PRESS

▶ N.B. Premier Shawn Graham votes yesterday.

Youth smoking still decreasing

Smoking rates appear to be on the decline among teens and young adults, according to a release from Statistics Canada yesterday.

Data from the 2009 Canadian Tobacco Use Monitoring Survey revealed that 18 per cent of respondents aged 15 and older reported smoking either daily or occasionally.

That's unchanged from 2008, but down from 25 per cent in 1999.

The smoking rate among youth aged 15 to 19 was 13 per cent, down from 15 per cent in 2008.

THE CANADIAN PRESS

Routine gives trapped miners will to survive

Rescue crews send hot meals, cots to miners But music players, video games are seen as anti-social

ALIOSHA MARQUEZ/THE ASSOCIATED PRESS

▶ Mining Minister Laurence Golborne stands inside a capsule that will be used to rescue trapped miners from the collapsed San Jose mine.

They get laundry service, TV, three hot meals a day and even ice cream for dessert. Everyday life for the 33 miners trapped a half-mile underground now includes some of the comforts of home — at least those that can be lowered through narrow holes.

The miners are sleeping on cots that were sent down in pieces and reassembled, and each can look forward every weekend to eight minutes of video chat time with his family using compact cameras and a phone that was disassembled to fit through the hole.

Settling in for the long wait, they have established a disciplined routine designed not only to keep them mentally and physically fit, but working together.

The plan, according to the rescue effort's lead psychiatrist, Alberto Iturra Benavides, is to leave them with "no possible alternative but to survive" until drillers finish rescue holes, which the government estimates will be done by early November.

"Surviving means discipline, and keeping to a routine," Iturra said.

So when the miners do get moments to relax, they can watch television — 13 hours a day, mostly news programs and action movies or comedies, whatever is available that the support team decides won't be depressing.

THE ASSOCIATED PRESS

CENSUS CHALLENGE

We'll lose census data: Feds

The Conservative government admitted internally that switching to a voluntary survey from a mandatory long-form census would make some data unusable for federal institutions, documents submitted yesterday in Federal Court show.

The admission lies at the heart of a court challenge against the government filed by a group that represents minority francophone communities across the country.

The Federation of Francophone and Acadian Communities argues that Ottawa will no longer be able to fulfil its obligations under the Official Languages Act without reliable data from the mandatory long census form. It wants the court to restore the long-form census.

THE CANADIAN PRESS

Naturist challenges nudity laws

A man charged with going through a fast food drive-through while naked is challenging Canada's public nudity laws as unconstitutional. Brian Coldin is facing five charges for two incidents near a clothing-optional resort he operates in Bracebridge, Ont., and incidents at an A&W and Tim Hortons.

THE CANADIAN PRESS

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Looking online first, buying later

Consumers use web to 'test drive' goods such as electronics, furniture, appliances and cars: StatsCan

More Canadians were using the Internet to "window shop" before buying, a trend that has increased as online shopping becomes more mainstream, says Statistics Canada.

"A lot of Canadians are going online to inform themselves and then for other reasons, they're then making the final purchase in a retail location," the agency's senior research analyst Larry McKeown said

In 2009, more than half of Canadians went online to "window shop" — to browse or research items — up from 43 per cent in 2007, the study said.

THE CANADIAN PRESS

Socialized firms

Canadian businesses are turning to social media and they want to be more than just "friends."

- **One third are social.** A new report by Bank of Montreal based on a survey of 427 firms indicates one in three of them are using the relatively new technology to help their businesses.
- **Ideas, branding, selling.** The report states that about 30 per cent of firms on social media use it to gather ideas from other people, 30 per cent to promote brand recognition, and 20 per cent to sell products.

Technology. Touting the tablet

▶ A model displays Sharp Corp.'s GALAPAGOS e-book reader during a press conference yesterday in Tokyo.

SHUJI KAJIYAMA/THE ASSOCIATED PRESS

Sharp unveils e-reader

The new tablet-style reader comes in two models: The home type, with a 10.8-inch high-resolution LCD screen; and the mobile type, with a 5.5-inch display.

RIM makes 'play' for tablet market

JEFF CHIU/THE ASSOCIATED PRESS

▶ The new PlayBook by Research in Motion.

The Canadian company that gave us the BlackBerry thinks its business customers will have room in their briefcases for at least one more device: The PlayBook.

Research in Motion Ltd. showed off the tablet for the first time yesterday and is set to launch it early in 2011, with an international rollout later in the year.

The PlayBook will have a 17.8-centimetre screen, making it half the size of Apple Inc.'s iPad, and has a weight similar to the iPad's. Unlike the iPad, it will have two cameras, front and back.

The PlayBook will be able to act as a second, larger screen for a BlackBerry phone, through a secure short-range wireless link. When the connection is severed no sensitive data like company emails are left on the tablet. Outside of Wi-Fi range, it will be able to pick up cellular service to access the web by linking to a BlackBerry.

THE ASSOCIATED PRESS

Market moment

DOLLAR	Natural gas 1,000 sq ft	OIL	TSX
– 0.25¢ (97.25¢ US)	$3.800 US (– 8.1¢) Gold contracts $1,298 US (+$0.50)	+ $0.03 ($76.52)	– 14.26 (12,190.60)

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TRYING TO STAY CIVILIZED IN THE CITY

She says ...

JESSICA NAPIER

I'm going to let you all in on a little secret. Sometimes I purposefully hold the door-close button on the elevator.

Yes, even when I can hear someone coming. Because you know what — I want to ride up alone. I live on the 20-somethingth floor and I don't want to have to wait for five hours while every single person in the building finds their way home.

Now you're thinking that I'm pretty rude and guessing (correctly) that I did not grow up in a small town. In fact, I spent a good number of formative years in large, dirty cities where the people are as obnoxious as the air is polluted.

But here's my theory: It's not that city folk are rude; it's that *people* are rude. There are just so many of us living, working and breathing in such close proximity in the city that you're bound to notice offensive behaviour more frequently.

In fact, as impolite as we might seem, there is actually a strict code of conduct when it comes to urban living. Walk fast, tip more than you should and always, *always* stand right and walk left on the escalator.

"In fact, as impolite as we might seem, there is actually a strict code of conduct when it comes to urban living. Walk fast, tip more than you should ..."

It's a lot to learn, but I like to think of myself as a master of downtown decorum. However, every once in a while I am presented with someone who makes me question my etiquette expertise.

You've all met her, of course. She often shows up on a crowded bus or subway. I'll call her questionably pregnant woman. She's usually outfitted in a baggy sweater or an ill-fitting ensemble that makes her look heavy around the midsection but without the obviousness of a baby bump.

Questionably pregnant woman always seems to hover directly over me on my morning commute, leering at me in my prime individual seat.

Here's the problem, if I don't give up my seat for her I'm a selfish brat. But if I do offer the seat and she's not pregnant, I'm now a bitch who's hurt her feelings by suggesting that she looks like she has a baby on board.

In my opinion, it's better for her to think I'm rude and unwilling to relinquish my seat than for her to spend the rest of the day fretting over her BMI.

So next time you see me firmly rooted in my plastic chair while you're standing en route just remember … I'm actually trying to be nice.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Examine all alternatives

Letters & Tweets

Re: Buy local: At what cost? (Sept 24)

TORONTO. In his most recent column, David Descôteaux argues that buying local creates grave harm on our society by essentially eliminating the comparative advantage of nations.

He goes to some length to explain that adopting a "buy local" strategy will hurt our pocketbooks.

In a feeble attempt to address the obvious advantages of buying local, he writes, "Buying local can, sometimes, help the environment. But its virtues stop here."

This glib denunciation of one important tactic to protect our planet, and hence ourselves, is perplexing to most rational citizens. It is undeniably clear that our planet faces environmental distress due, in large part, to our insatiable appetites and utter disregard for how products are created and transported. This lack of forethought has left us with a tenuous future.

It is simply illogical to assume that current consumption patterns can sustain themselves in the long run. The choices we make, in terms of our purchases, leave future generations in dire peril. It is time to examine all available alternatives, including buying local. **JIM BELO**

The choice is yours

What is your idea of a romantic date?

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Metro Minute on Preston Street

Take a stroll through the heart of Ottawa's Little Italy and check out the new street art installations on the sidewalks along the newly rebuilt Preston Street between Carling Avenue and Scott Street.

The 15 new bronze and granite sculptures, designed by Wakefield artist CJ Fleury, each depict scenes of Italian culture.

Pieces cover themes from immigrating to Canada, Italy's rich history in literature, St. Anthony, soccer and food.

They were made possible by the city's Percent for Art Policy, which invests one per cent of funds from the municipal reconstruction into public art. **TIM WIECLAWSKI**

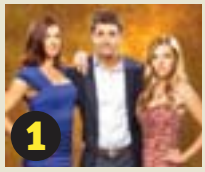
TIM WIECLAWSKI/METRO OTTAWA

▶ Preston Street is home to 15 new bronze and granite sculptures, designed by Wakefield artist CJ Fleury.

2 scene

TOP 5 Best new TV shows to watch this fall

Primetime is packed with new series ◗ And your DVR is already overloaded ◗ What to make room for next to your returning favorites



Lone Star

It makes total sense that two women have fallen in love with Texas con man Robert Allen — actor James Wolk is irresistibly charming and infinitely watchable as a talented swindler struggling to break free from his dad's crooked shadow and make a go at a (relatively) honest life with both women.

"I've been in love and know what that feeling is like, so for the character, I kind of multiplied that by two," Wolk says.

Despite anemic ratings in its debut Lone Star is a show worth checking out— **this critical darling airs Mondays on Global and Fox.**

Boardwalk Empire

In one word: gorgeous. Creator Terence Winter and his crew — including Martin Scorsese, who directed the pilot — have paid attention to sumptuous detail in this historic drama recreating Prohibition-era Atlantic City.

"Alcohol was perfectly acceptable until January 15, 1920, and the next day it's illegal; so not everybody got on board. It's as if tomorrow orange juice is outlawed — now I'm bad because I drink orange juice? The difference between good and bad was blurred," explains Winter, who knows a thing or two about people living on the opposite side of the law — he was a writer on The Sopranos.

"Just because you're wearing a badge or you're a politician doesn't mean you're necessarily good, either," he adds.

After strong ratings for its premiere — and a quick pickup for a second season — **Boardwalk Empire continues to stroll Sundays on HBO Canada.**

No Ordinary Family

If you are looking for family fare with a twist than No Ordinary Family should be up your alley. The hour-long show is a mix of comedy and drama with some science fiction thrown in.

The totally average Powell family gain special ability after a plane crash in the Amazon River. Michael Chiklis (The Shield) plays the family's patriarch Jim, a police artist who gets super strength, while his TV wife Julie Benz (Dexter) is a scientist who gets super speed. **No Ordinary Family airs Tuesdays on ABC and CTV.**

The Event

Is the event a military cover-up? Who are those scientists? And why is the adorable Jason Ritter holding a gun? Though the pilot of this conspiracy thriller was tedious in its time-jumping structure, the final scene payoff was worth it — even if it posed another head-scratcher. Those who followed through will be rewarded handsomely in episode 2, promises executive producer Evan Katz.

"We're very cognizant of the audience's patience, of rewarding the audience," he says. "The show's really designed to answer questions, to satisfy people, to keep them hooked, frankly, but yet keep posing questions. We're keeping mysteries open, but we're solving them. And more specifically, in the second episode we are very clearly answering the two largest open questions in the pilot. **The Event airs Mondays on Citytv and NBC.**

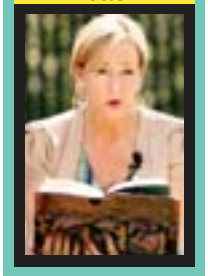
Raising Hope

Newcomer Lucas Neff is all wide-eyed innocence as a slacker who finds out he fathered a kid with a convicted killer and is determined to do right by his little girl. "You don't want to poke them or insult them or anger them," Neff offers of the parenting motto on set. "Just make sure they eat regularly and don't sit in their own foods for too long."

It's a kooky premise that gets more absurd when you meet his blue-collar family — a chain-smoking, maid mom (Martha Plimpton); prankster dad (Garret Dillahunt); and grandmother who apparently doesn't own a shirt (Cloris Leachman) — but it makes sense since this sitcom's from My Name is Earl creator Greg Garcia. **Watch on Global and Fox.**

AMBER RAY
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Potter



Will J.K. Rowling write another book about Harry Potter?

That's among the topics discussed on Oprah Winfrey's first interview with the author, whom she met recently in Edinburgh, Scotland. The interview will air Friday on Winfrey's television program.

Forbes magazine has ranked Rowling as one of the richest women in Britain, with an estimated wealth of $1 billion.

THE ASSOCIATED PRESS

Simon Pegg, Michael Fassbender among voices for next Fable video game

Cast mates support The Situation

Mike "The Situation" Sorrentino survived his first ballroom dance and he of the etched abs says he's determined to shine on Dancing With the Stars — especially with his Jersey Shore cast mates cheering him on.

The 32-year-old reality star made his debut on the hit ABC dance competition last week and landed in a three-way tie for last place with comedian Margaret Cho and actor David Hasselhoff. But he escaped elimination when Hasselhoff was ousted.

This week, he faces fellow survivors Jennifer Grey, Florence Henderson, Kyle Massey, Rick Fox, Kurt Warner, Brandy, Michael Bolton, Audrina Patridge and Bristol Palin.

Jersey Shore co-star Ronnie Ortiz-Magro says he wishes Sorrentino the best, but will only come to the Dancing ballroom "if they want to fly me out and pay for me to go."

Fellow cast mates Jenni "J-Woww" Farley, Sammi "Sweetheart" Giancola and Paul "DJ Pauly D" DelVecchio, however, said they'd be happy to leave Jersey briefly to support their pal in person. But he better do well, they said.

Ortiz-Magro said he'd be willing to text in a vote for Sorrentino.

"I hope he just tries his hardest, and he doesn't embarrass himself," Ortiz-Magro said.

"Or us," Farley added.

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GETTY IMAGES

▶ Mike "The Situation" Sorrentino will need to step it up if he wants to stay around on Dancing With the Stars

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DVD Releases this week Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●

Sequel gets rusty

Iron Man 2
Genre: Action
Director: Jon Favreau
Stars: Robert Downey Jr.
●●●

The first Iron Man found hilarity and energy by making it very plain just how much it was about the priapic Mr. Stark, whom Robert Downey Jr. invests with satanic allure.

For once, we had a superhero who wasn't fretting about the rights and wrongs of blowing up bad guys and saving the world. Instead he plotted how fast he could slip between the sheets with an admiring hottie.

Returning director Jon Favreau seems to have forgotten that the sun really does rise and fall on Downey's charms. Favreau and screenwriter Justin Theroux lard the script with a baffling array of characters and subplots.

There are still a lot of laughs, often punctuated by the "clank" of that über-cool outfit, but some of the jokes are a little rusty and the dialogue often runs to mere verbiage.

On paper, Mickey Rourke seems like an appropriately insane adversary. He's Ivan Vanko, a Russian mastermind with an aversion to soap and shampoo but a real knack with a soldering iron. He whips up his own S&M version of the Iron Man outfit.

Vanko has a grudge against Stark because of unsettled ancient business between Stark's arms-dealing daddy Howard (played in flashback by Mad Men's John Slattery) and Vanko's pa, who wasn't exactly lily-white himself. But both dads are now dead, and Vanko is peeved beyond what anyone can fathom.

Meanwhile, as they say in Comicsville, the story creaks with other distractions. Stark has to defend his good work before the U.S. Senate armed services committee, where he amusingly tangles with flapdoodling liberal Senator Stern (Garry Shandling) and conniving rival arms trader Justin Hammer (Sam Rockwell).

The franchise still has a lot of spark, but next time they need to clean the corrosion off the batteries.

Extras include a director's commentary, deleted scenes, alternate opening and numerous making-of featurettes.

PETER HOWELL

Frozen
Genre: Thriller/Horror
Director: Adam Green
Stars: Emma Bell, Kevin Zegers, Shawn Ashmore
●●●½

Frozen reminds us that you don't need much to make a good scary movie. Just a strong story, good actors and an abiding sense of how things dangle in the dark.

Taking a dramatic turn from the slasher hilarity of his breakthrough feature Hatchet, writer/director Adam Green plays it straight with a script that has the virtue of simplicity.

Pals Dan (Kevin Zegers), Joe (Shawn Ashmore) and Parker (Emma Bell) are three pals looking for cheap ski thrills. They've managed to scam one last run down a mountain from a lift operator who is anxious to get home.

The operator warns them that bad weather and nightfall are both closing in, and the mountain must be shuttered until the following weekend. Dan, Joe and Parker promise they'll be right up and down.

Things don't go as planned, and that's putting it mildly. Not much more of the plot can be revealed, except to say that there's perhaps no more lonely spot on Earth than being attached to a slender wire high above a dark mountain.

The tension is almost unbearable. One actor loses a glove, and it registers like a grenade strike. But hypothermia isn't the most immediate threat facing the three stranded skiers.

We are given a few minutes to get to know Dan and Parker, who are boyfriend and girlfriend, and Joe, who feels like a fifth wheel. Dan is bossy, Parker is coy and Joe is a little moody.

Then it's straight up that mountain, where time stands still.

PETER HOWELL

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MY TOP 4 SINGLES LIST

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

"The Guess Who are always hit and miss. But when they're good, they're pretty fantastic."

Lists. They're the articles everyone loves to hate. Every magazine, whether it's business, entertainment or food makes top-10 lists that usually irk people to the core.

That's precisely why they're so entertaining — you always have a better list in your head and can't believe anyone else would choose anything different.

So get ready to be angered Thursday, when venerable East Coast music scribe Bob Mersereau releases his latest book, the Top 100 Canadian Singles.

He polled hundreds of people in the music industry to come up with this list. He asked me to contribute, but I never got around to sending him my picks.

We won't know who topped the list until the 30th, but had I sent him my choices, here's what they would have been:

Needle and the Damage Done — Neil Young

It's one of the best tunes ever written period. From the opening guitar run to the incredibly infectious verse and the lack of a chorus, this song is so simple, yet very different than most of the folk tunes that came out in the early '70s. The haunting lyrics about heroin addiction put this track over the edge.

Underwhelmed — Sloan

The single came out not long after Nirvana hit big, but while it's got a grunge feel, it's anything but angsty indie rock.

The blistering drums, dueling vocal harmonies and distortion overload gives the song just the right amount of alt.rock aggression, but the humerous lyrics and poppy melodies proved that Sloan weren't just Cobain-like sad sacks.

These Eyes — Guess Who

The Guess Who are always hit and miss. But when they're good, they're pretty fantastic. These Eyes is one of their best. It's bouncy keyboards and jazzy instrumentation shows a different side to these rockers.

Arcade Fire — No Cars Go

This song is quintessential Arcade Fire. The speedy beats, brooding melodies, haunting, complex instrumentation and countless hooks has worked for them time and time again, but it started with this song.

With its loud Heys and rock-opera feel, it's likely this track will top lists for years to come.

Ashton, Demi not afraid to show the love

Couple staying strong despite rumours of Kutcher's infidelity Moore gets affectionate in public with her man at house party

In the midst of allegations of his infidelity, Demi Moore and Ashton Kutcher are ramping up their public displays of affection.

While hitting up a house party recently with Moore's 16-year-old daughter, Tallulah, the couple was looking incredibly cozy, according to Us Weekly.

"At one point, Demi seemed very comfortable and sat on Ashton's lap," a source says. "Then she leaned back and was laying down all the way across his knees. She was not shy at all about being affectionate and didn't seem to care about people watching. It looked like she wanted to show everyone that they are very much together."

METRO

GETTY IMAGES

▶ Despite talk to the contrary Ashton Kutcher and Demi Moore are still together.

GETTY IMAGES

▶ The meat dress Lady Gaga wore at the MTV Video Music Awards will be turned into jerky.

Gaga's dress to become jerky

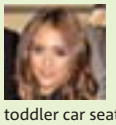
Lady Gaga's infamous meat dress from the MTV Video Music Awards is going to be turned into jerky, according to Popeater.

"The dress will go through a process where it becomes a sort of 'jerky,' and it will be archived," designer Franc Fernandez says. "The meat dries out, rather than rotting. But it shouldn't be worn again." After using almost 50 pounds of flank steak to create the controversial look, Fernandez says he's done with the look.

"There's not going to be meat dresses in the future," he tells MTV. "This was made for a specific purpose. It's what it is."

METRO

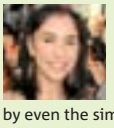
Celebrity tweets



Jessica Alba [@jessicaalba] Purchasing new toddler car seat for Honor. What do you all recommend?

Steve Martin [@SteveMartinToGo] So frustrating when you have to text but you're home so you have to go get in the car and drive all the way to the left lane of the freeway.

Russell Crowe [@russellcrowe] There's nothing so quiet as Sunday in the bush. Think I'll crank up the 750cc ATV and go and visit some cows.



Sarah Silverman [@SarahKSilverman] I'm dazzled by even the simplest choreography.

METRO

Lohan puts self back in rehab

After posting bail and avoiding jail again, Lindsay Lohan is reportedly going back to rehab voluntarily in advance of her next court appearance on Oct. 22, according to People magazine.

"She will step up her treatment and do more than what she was previously ordered to do," a source says. Meanwhile, Lohan spent part of her weekend volunteering at a homeless shelter. METRO

GETTY IMAGES

▶ Lohan

Oksana backs off custody plan

Oksana Grigorieva initially agreed to share custody of her daughter with Mel Gibson, giving the actor unsupervised visitation of the baby, according to documents obtained by TMZ. But shortly after signing the agreement in May, Grigorieva reportedly tried to disavow it, claiming she didn't understand what she had signed.

METRO

Hilton settles Hallmark suit

Paris Hilton settled a lawsuit with Hallmark over a greeting card that parodied the heiress and made a pun on her trademarked catch phrase, "that's hot," according to Reuters. Terms of the settlement were kept confidential, but it is believed Hilton is receiving a hefty payout. Last year, the Ninth Circuit Court of Appeals had ruled in Hilton's favour. METRO

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Kush

th
was developed to help prevent "nasty cleavage wrinkles" from creeping up between women's breasts appears to be busting out in Canada. The cylindrical plastic "pillow," called The Kush, is designed for large-breasted women who sleep on their sides to prevent wrinkles caused by the pull of gravity on their breasts.
THE CANADIAN PRESS

EU bans diabetes pill Avandia, U.S. restricts access due to heart attack risk

FLICKR CC SKIPPYJON

Falling back on track

Fall is looming and the clock to the winter is ticking. How do we stay in shape when we've lost the motivation that comes hand in hand with sunny days and endless nights

ROMINA McGUINNESS
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

1

Everyday things to get back on track
Start the day right. Have a breakfast that contains protein (eggs), healthy fats (nuts) and green vegetables (spinach). This will help keep you alert, burn fat throughout the day and keep hunger pangs at bay. Eat well. If we are eating well, our energy levels are high, our moods are positive and it's easier to get back into shape. Cut out all C.R.A.P (Caffeine, Refined Sugar, Alcohol, Processed foods).

Squeeze a fresh of lemon into a glass of water. It aids digestion.

2

Running out of excuses
The days are shorter, the weather is getting worse and we always seem to have a good excuse to avoid exercise, whether it's too wet, too cold or too windy. The truth is, there would need to be a blizzard to make exercising impossible, and for some people there is the option of the gym.

Instead of running yourself into the ground for nothing and treating exercise as a punishment, change your perspective.

Move. Spend at least 30 minutes a day doing some sort of movement or activity (running, walking, cycling).

3

Keep things rolling
Exercise first thing in the morning. Not only does this mean you get it out the way, it also means you will have a lot more energy throughout the rest of the day. Evenings will be dark and your energy probably sapped, so get moving as soon as you get up and get out whilst its getting lighter. This will also mean you get some sunlight first thing in the morning, which will up your mood.

Try something new. If you have spent the past year at the gym running or cycling in vain and without getting any results, then its about time you tried something new.

4

Give your body what it needs
One way to help improve our moods and to avoid common flu's and colds we tend to get during autumn and winter is to take a good quality fish oil an L-Glutamine. The essential fatty acids found in fish oil (specifically DHA) play a vital role in brain health and regulating our moods. L-Glutamine is a great immune system booster and helps to control sugar cravings. Mix one tablespoon into a glass of water when you wake up.

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CONDITIONS TREATED:

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- Neck Pain
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- Osteoarthritis
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- Degenerative disc disease
- Scoliosis

For many years, the Canadian Decompression and Pain Centers (CDPC) have been successfully treating chronic low back and neck pain using a uniquely developed treatment protocol called **Neuro-Decompression**. This revolutionary treatment procedure has consistently achieved great results at CDPC locations throughout Canada. Results are usually **long lasting**. **Referrals come from surgeons, medical doctors, and other health care professionals across the country.** Referrals are not required.

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The three phases at CDPC include Neuro-Decompression, Oxygen Enhancement and a unique Neuro-Nutrition phase. The full procedure is performed simultaneously during a patient's treatment. Many patients feel immediate relief from pain, but the goal of the treatment program is to eliminate pain long term, not temporarily, and to restore and improve the patient's quality of life.

What Our Patients Are Saying About the Treatment:

I am back to working as though I was 30 again. My son and I took a racing trip to Kentucky, driving a 70 foot RIG. On the way home, I had tire failure that required extreme lifting and torqing. Although exhausted physically, my neck and spine passed with flying colours. My son and I had to push a weight of 500 pounds on the higway to get back home. When I got home, my wife was waiting anxiously thinking that my pinched nerve would be back again. To her astonishment, I was feeling great! THANK YOU CDPC!

- Mr. & Mrs. Ollie Stephan

Before I threw my back out, I was on a walking program – 1 hour each day for 3 miles. When I saw the ad of spinal decompression, I could barely walk. I was tired of taking countless Robaxacet pills, drugs only mask the pain. CDPC was one of the best decisions I've ever made. After a month and a half of treatments, I'm feeling MUCH better. Once my lower back is 100%, I'm going to start treatments for my upper back. I'm happy to say I've also begun my walking program again. CDPC, you've found a customer that'll keep coming back!

- Quinn, B.

Teaching Grade 4 can be hard on your back and feet. I had been going to physio, chiro for the last five years with no results. When I read about this new treatment, I brought my mother and came in for consultation. Both of us are taking these treatments and I have been able to work in my garden and looking forward to another schol year without dreading the pain. THANK YOU CDPC!

- Menelaou, A.

After being a long time sufferer of neck pain, I felt I was reaching my wits end. I had tried everything in the book – acupuncture, chiro, and massage. I refused to give up. That's when I decided to give spinal decompression at CDPC a try. After 5 treatments, I am able to actually move my neck without pain. I am happy to recommend this to anyone in pain.

Biltrami, A.

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Not just a sneeze

Seasonal allergies taking hold

That stuffy nose you've had for weeks might not be just a cold — it could be seasonal allergies acting up. More than nine million Canadians suffer from seasonal allergies, including those caused by ragweed in the fall months.

Exposure to allergens when the body's defenses are weakened (such as after a viral infection like a cold or the flu or during puberty) may contribute to the development of allergies. People with year-round allergies are more likely to have developed them as adults. **NEWS CANADA**

Ragweed runs rampant in fall

What allergy sufferers need to know about dreaded plant and how to avoid it Why the first frost is something to look forward to

From seasonal allergy sufferers have one thing to worry about when heading outdoors — ragweed.

As many Canadians know all too well, the allergen runs rampant in the fall months resulting in itchy and watery eyes, runny noses and sneezing.

Many people often mistake goldenrod for ragweed — but the two are very different plants. Goldenrod, with its yellow blooms, is often blamed for causing seasonal allergies, when the unremarkable ragweed plant with its toothed green leaves and small, inconspicuous flowers is the real culprit.

DANIEL HULSHIZER/THE CANADIAN PRESS

▶ Ragweed in particular is an allergen that is specific to the fall season in central and eastern Canada, since it generally blooms from August to October.

Ragweed is often found along the road, in fields and vacant lots in urban centres. It's a stubborn plant and since its pollen can travel for hundreds of kilometres, it's difficult to avoid.

"I always tell my patients to avoid peak pollen times in the fall, which are generally in the early part of the day," says Dr. Ross Chang, allergy specialist. "Having a good antihistamine on hand is also a must — I recommend non-drowsy options like Reactine, which can start to work in as little as 20 minutes and lasts a full 24 hours."

"Having a good antihistamine on hand is also a must – I recommend non-drowsy options like Reactine"
DR. ROSS CHANG

While ragweed may be a nuisance, the good news is the suffering will end with the first frost. So, allergy sufferers, you can happily look forward to the first cold night. **NEWS CANADA**

EYE HEALTH

Exploring vision care with an eye to the future.

LOOK INSIDE FOR THIS SPECIAL FEATURE

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My biggest mistake was taking forever to finally schedule an appointment. I used to bleach, tweeze and put heavy makeup to cover unwanted facial hair. People at Caress are very professional, knowledgeable and go out of their way to make sure you are comfortable during treatments. The office has advanced equipment which makes the process very comfortable, even for sensitive skin. I would recommend Caress to anybody who is looking for permanent hair removal!
Irene

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5 foods for Fall

Foods for fall

1 **PUMPKINS.** Loaded with carotenoids that help fight against free radicals. Pumpkin is also a remarkably rich source of iron, zinc and fibre.

2 **APPLES.** A classic when it comes to healthy eating, apples contain calcium and vitamin C, essential for healthy bones and boosting your immune system with the colder weather. Their fibre content helps maintain a healthy digestive system and they are an incredible source of anti oxidants.

3 **PECANS.** Pecans are full of heart healthy fats and are incredibly nutrient dense. They make the perfect mid morning or snack along with low GI fruits such as blueberries.

4 **CRANBERRIES.** these little berries are a fantastic source of the healthy heart antioxidant anthocyanins, the same one found in red wine and tea.

5 **FIGS.** They are a great source of fibre that will help pull toxins out of the system. They are also loaded with potassium, which has been shown to help control high blood pressure.

ROMINA McGUINNESS

Breast cancer incidence fall: Study

The first Canadian study of its kind is adding to a growing body of international evidence suggesting that the use of hormone replacement therapy may raise the risk of breast cancer.

However, some doctors counter that such studies do not prove a cause-and-effect association between taking hormones and the onset of breast cancer, and stress there could be many other factors playing a role in the development of the disease. The study by the Canadian Cancer Society found there was a significant decrease in the rate of new breast cancers among post-menopausal women between 2002 and 2004 — coinciding with a huge drop in the use of hormone replacement therapy, or HRT.

"The drop in breast cancer incidence was fairly significant," said lead author Prithwish De, an epidemiologist with the Canadian Cancer Society yesterday.

"We saw a 10 per cent drop in the incidence rate of breast cancer."

THE CANADIAN PRESS

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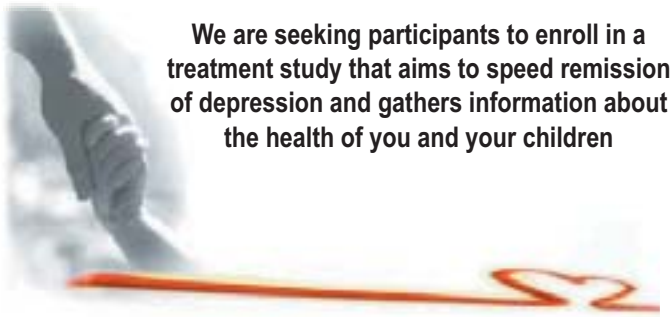
Are you a parent with Depression?

Both you and your child can benefit when you seek help



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WHEN AN ABSCESS STRIKES, TREATMENT IS NEEDED

One of the rather challenging aspects of dentistry is the belief of **many patients that they do not need to see their dentist if they are not experiencing any pain or discomfort.** If everything feels good, it must be good, right?

While that might be true in a lot of cases, it certainly is not true in all. You may be experiencing a decline in your oral health that feels fine for you. Until one day, you wake up and feel a tremendous pain in your jaw. The cause of that pain may be an **abscessed tooth**.

An abscess is the result of an infection, usually at the root of a tooth. As the infection develops, the body responds in the normal manner by sending a host of white blood cells to attack the invader.

When this process happens, puss usually forms around the root. If it has no place to drain, the puss will continue to accumulate putting more and more pressure on the root. This results in the rather pronounced pain most patient's feel.

In some cases, the abscess may rupture on its own, significantly reducing the level of pain and discomfort. However, this does not mean treatment is not required. **While the abscess may have drained, the infection remains.**

As long as **the bacteria** are present, it

Dr. Peter Georgopoulous
Dental Surgeon

can access your bloodstream resulting in potential consequences for your overall health. Furthermore, the continuing battle between the bacteria and your bodies' immune system may result in **damage to connective tissue and jawbone. The result could be tooth loss.**

If you develop an abscess, **you must seek dental treatment immediately!** It is imperative that your dentist see the area to ensure that the infection is properly removed. Then, your dentist can assess the area to determine the extent of damage to the tooth, its root and the surrounding area.

If it is caught early enough, there may be little in the way of additional treatment that is required. However, in some instances, the damage to the root has been so extensive, the tooth is essentially dead. In that case, **you may need to consider treatment options such as a root canal** with a crown on top, **or even an implant**. These are options you can discuss with your dentist.

While it may feel to you like an abscess developed overnight, the reality is that it did not. Some of the most common **causes of an abscess include tooth decay, periodontal disease or an untreated trauma to the tooth**. Proper oral hygiene practices, including regular visits to your dental office, will allow your dentist to monitor your oral health and intervene before an abscess develops.

As for dental trauma, if you sustain an injury to your mouth that may have caused damage to your teeth, you should visit your dentist. Early treatment at that stage may avoid a more painful experience with an abscess!

While abscesses are treatable, they are also very unpleasant. Fortunately, **they are usually avoidable if you adhere to good oral health practices!** So follow a good routine. Because avoiding dental abscesses is a healthy habit…and healthy habits lead to healthy lives.

Dr. Peter Georgopoulous - Dental Surgeon

EYE HEALTH

Vision for the Future

Start right with your child's sight

The first five years of your child's life are filled with milestones—many of them visual. As a parent, you can encourage development of good visual skills from the start, by keeping 'reach and touch' toys within your child's focusing distance (about 20 to 30 cm for infants), alternating right and left sides with each feeding, and talking to your baby as you walk around the room. Hanging a mobile above the crib or change table helps, too.

But despite parents' best efforts, an estimated 10 per cent of children still start school with a vision problem. This is why the Canadian Association of Optometrists recommends children have their first eye examination at only six months of age.

This eye exam goes far beyond a sight test. It includes a review of your child's health and vision history; rules out ocular diseases; and tests for visual acuity, refractive errors, near- and farsightedness, astigmatism, crossed-eyes, eye coordination, focusing ability, eye movement control, depth perception, and colour vision. If no problems are detected, your child should be examined again after age three.

AMBLYOPIA

One of your optometrist's main concerns will be amblyopia ('lazy eye'), a condition affecting two to four per cent of children. Amblyopia occurs when the vision in one of your child's eyes is blurred. Over time, this eye becomes underused. Treating amblyopia typically involves placing a patch in front of the child's good eye, stimulating use of the weak eye and making it stronger. The earlier it is diagnosed, the greater the chance for a complete recovery. If patching is poorly tolerated, or unsuccessful, prescription eye drops may be used to temporarily blur vision in the good eye. Corrective lenses may also be necessary.

What are you staring at?

Desktops, laptops, PDAs—you rarely go a day without staring at a screen of some kind, often for a bit too long. Fortunately, a few changes to your viewing routine can minimize eye strain while allowing you to finish whatever work (or play) that needs to get done.

Most people blink about half as often while looking at a computer screen as they would otherwise. This causes their eyes to dry out quickly. Make sure to use artificial tears or gels to prevent dryness, or better yet, adopt the '20-20-20 rule': every 20 minutes, take a 20-second break from your computer screen and focus your eyes on something at least 20 ft (6 m) away.

Correct positioning of your computer, keyboard, and typing copy is essential too. Your screen should be positioned about an arm's length from your eyes and 20 degrees below eye level.

Glare is another serious cause of eye strain. Employ diffuse, not direct, room lighting to reduce glare. Consider an internal or external glare screen to reduce it even more. Don't forget to set your colour, contrast, and brightness to the proper levels as well.

When it comes to your eyesight, smaller isn't always better. Many people strain to see the tiny text and images displayed on their PDAs, cell phones, and other handheld digital devices. These screens may also be quite dim. As with larger screens, the key is to limit use, take frequent breaks, and remember to blink. Computer-related eye strain can be especially bad if you have pre-existing vision problems. If you're near- or far-sighted, have an astigmatism, or wear bifocals, trifocals, or progressive lenses, your eyes may have to work harder to maintain a clear image on the screen. Following a thorough (and painless) eye exam, your optometrist can advise you on the safest, most comfortable ways to work and play in front of the computer. And if you wear glasses, don't forget to ask about lenses designed specifically for heavy computer users.

Assessing your child's vision

Children rarely complain of vision problems, in part because they assume everyone sees the way they do. In between regular eye health check-ups, watch for these signs of potential problems:

- *Turning or tilting of the head to use only one eye*
- *Red, itchy, or watery eyes*
- *Frequent headaches*
- *Academic performance below your child's potential*
- *Avoidance of close work; dislike of reading*
- *Holding reading material closer than usual; omitting or confusing small words; using a finger to maintain one's place on the page; making frequent reversals when reading or writing*

Finally, don't assume your child sees well just because he or she can pass a vision screening with a 20/20 score. This only means your child can see at 20 feet what she or he should be able to. It is not a guarantee your child's eyes are healthy and disease free.

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Important information for contact lens wearers: ACUVUE® Brand Contact Lenses are available by prescription only for vision correction. An eye care professional will determine whether contact lenses are right for you. Although rare, serious eye problems can develop while wearing contact lenses. To help avoid these problems, follow the wear and replacement schedule and the lens care instructions provided by your eye care professional. Do not wear contact lenses if you have an eye infection, or experience eye discomfort, excessive tearing, vision changes, redness or other eye problems. If one of these conditions occurs, contact your eye care professional immediately. For more information on proper wear, care and safety, talk to your eye care professional and ask for a Patient Instruction Guide, call 1-800-843-2020 or visit acuvue.ca.

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Eye safety begins at Home

Your home may be your castle, but that's no excuse to be careless. Do you put your eyes at risk every day, without even knowing it? Here's where you can find out.

In the kitchen, use a grease shield to prevent hot liquids from hitting your eyes. Point spray nozzles away from your face, and don't forget to aim that champagne bottle in a direction other than yours. When it's time to clean up, remember to wash your hands thoroughly after using any harsh chemicals and wear goggles if necessary. Should a chemical splash in your eye, immediately flush it with water, or any drinkable liquid. Hold the eye open if necessary, continue flushing for 15 minutes, then seek medical attention.

If you have a workshop in your garage or elsewhere, be careful of flying debris when using tools. If something does get in your eye, don't rub it. Try blinking the object out, hold your eyelid open to stimulate tearing, or flush with water.

Your garden can be another source of trouble. Make sure to trim (or at least duck) any low-hanging branches on your property. Pick up rocks and stones before mowing your lawn, and if using pesticide sprays, keep them pointed toward the ground.

Car maintenance carries its share of risks too—never have a lit cigarette in your mouth when opening the hood. Use a flashlight, not a match or lighter, to peek inside. Be wary of spraying air conditioner fluid and if jump-starting the car, don't lean over the battery while attaching cables. Wear goggles when performing body work; in fact, keep a pair in the car at all times. And remember: contact lenses are no substitute for proper protective eyewear.

Keep an eye out… for yourself

Remember when your mom or dad took you to the eye doctor? Maybe not—it probably didn't happen too often. But when it did, you can bet it was important.

Now you're on your own. Your parents don't make the rules, you do. And your parents don't book your appointments anymore, either. If you've got a vision problem, it's up to you to recognize it, and seek out an optometrist for help.

Has anything changed?

Ironically, vision problems can be hard to spot. We spend so much time in front of computer screens and stay up so late that fatigue and eye strain seem like credible explanations for everything. But sometimes, there's more going on. Here's just a few of the symptoms an optometrist would want to know about:

- Sudden spots, flashes of light; wavy or watery vision; blurry faces; haloes around lights; double vision.
- Shadows; black spots or blurriness in central or peripheral (side) vision.
- Changes in colour vision.
- Decreased vision in one or both eyes.

Since you're getting older, you may be at increased risk for Hyperopia (farsightedness). Although less common than Myopia (nearsightedness), Hyperopia becomes more prevalent the older you get. So does astigmatism, which can cause headaches and blurred vision at all distances. If you're diabetic, of African or Hispanic descent, have a family history of vision trouble or a previous eye injury, problems are more likely. Your optometrist can fill in the blanks.

But let's say you feel fine. You've still got to go for a checkup once in a while, right? That's what we grown-ups do. If you're under 64 and things are good, you should make an optometrist appointment every two years. And then, get back to the rest of your life.

Have you been framed?

It's as plain as the look on thousands of faces, city-wide: Retro glasses are in.

"People want to be seen," says Nellie Chung, president of Novus Optical, in Toronto. "They're buying thick frames in bright, bold colours—glasses you can't miss. Many are mixing and matching frames and arms of different colours, making them stand out even more. "

Consumers, it seems, don't want subtlety in their eyewear. They want frames that speak loudly about their personalities, marking them as individuals. Nerds are cool, don't you know? But some people see things differently.

"Our senior customers aren't as interested," explains Chung. "They can find heavy eyewear uncomfortable; plus, the thicker frames can make them look pale. For them, rimless glasses are a much hotter item."

Dropping out? You don't have to be a statistic.

If you need corrective eyewear, chances are you've considered contact lenses. After all, the 'clean look' will always be in. But not all Canadians stick with contact lenses over time. They're the 'dropouts'—men and women forced to give up their contacts due to discomfort. Fortunately, modern research has yielded new solutions, making monthly contact lens-wear a better balance of form and function.

Discomfort is often caused by dry patches and deposits, which can develop on the surface of your contact lens and lead to gritty sensations and itching. Their interaction with tear proteins can make the lens dirty, too. The key to eliminating this source of discomfort is establishing long-lasting moisture for your lens. Soaking your contacts in a solution such as OPTI-FREE RepleniSH keeps your lenses moisturized, clean, and comfortable throughout the day.

Are you wearing the most comfortable contact lenses?

Ask your Eye Care Professional about ACUVUE® OASYS® Brand Contact Lenses, the only lenses with HYDRACLEAR® PLUS. They'll feel almost like wearing no lens at all.

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Any time for white wine

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

One of the many, many old wives tales about wine is that for some reason white wines take a back seat to reds when fall arrives. Maybe it has something to do with that "no white pants after Labour Day" mantra people way more fashionable than me mumble to themselves this time of year.

Soft, slightly sweet (in a juicy apple fruit sense) and undeniably gulpable the Schmitt Söhne 2009 Relax Riesling ($11.95 - $13.13) is a, well, relaxing wine perfect for fall.

Prices reflect the range across the country. Some products may not be available in all provinces.

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A rustic, hearty dish for the brisk fall weather

THE ASSOCIATED PRESS

▶ Rustic mushroom and potato soup.

This rustic and hearty soup with potatoes and wild mushrooms is a quick and delicious autumn dish to warm tummies on a cool evening.

Preparation:

1. In a soup pot or large saucepan, heat butter over medium-high heat and cook onion, mushrooms, garlic, sage, salt and pepper for about 10 minutes or until it is beginning to become golden and onion is softened.
2. Add frozen potatoes to pot and stir to coat with mixture. Add wine; stir and cook until wine has evaporated. Add broth and bring to a boil. Cover and simmer for about 10 minutes or until potatoes are very tender. Stir in parsley and hot pepper sauce.
3. Ladle into soup bowls and sprinkle with cheese, if using. Makes 6 to 8 servings.

THE ASSOCIATED PRESS

Ingredients :

- 30 ml (2 tbsp) butter
- 1 onion, chopped
- 500 g (1 lb) wild mushrooms (such as shiitake or oyster), thinly sliced
- 4 cloves garlic, minced
- 15 ml (1 tbsp) chopped fresh sage or thyme or 5 ml (1 tsp) dried
- 1 ml (1/4 tsp) salt and pepper
- 1 bag (750 g) frozen potato chunks
- 125 ml (1/2 cup) dry white wine
- 1.25 l (5 cups) vegetable or chicken broth
- 50 ml (1/4 cup) chopped fresh parsley
- 5 ml (1 tsp) hot pepper sauce
- 125 ml (1/2 cup) shredded Asiago cheese (optional)

if poutine is part of your routine.
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try it
developed to replenish and rehydrate the body.

Splitting is good to do ... for a bit

It's a common dilemma for travelling couples: one wants to stay at the museum, the other would rather go to the beach, the hotel, the cafe, basically anyplace else. What to do?

A recent post to Fodor's online Europe forum was titled: My husband spends too long at each tourist attraction.

"I guess my husband and I are not travel compatible," wrote WorldTraveler1024. "I like travel but get so frustrated with him when we visit museums, historic and scenic sites. For example, he will go into a museum or an art gallery and insist that we spend basically the entire day there. After three or four hours I am getting bored and ready to move on to the next attraction but he is just getting started ... Finally we leave and I am so happy to get out of the place and he feels like he was being rushed!"

That prompted numerous replies. Here's a sampling, offered in case any of the advice proves useful to others:

"Find a compatible person to travel with if you can't get past this. Or go alone."

— My husband is like yours, he has to read every label, see every exhibit, microscopically inspect every display. Luckily he is not overly keen on most museums, or on cities, but he is a pain when we do visit one.

— My husband and I split up sometimes. I go shopping or take a tour, he hits the casino or the pub. After a big fight on our first trip to Europe, we figured out we don't need to be joined at the hip.

— My wife reads every description including how to use the fire extinguisher ... One time, in a larger museum, we walked into a spoon collection each with an individual notation, and if a gun was available, I am not sure whether I would have been suicidal or homicidal. THE CANADIAN PRESS

COUPLE MADE AN INSTANT CONNECTION ON FIRST DATE

How We Met: Dragan & Margarita

Names: Dragan, 30, and Margarita, 25

Hometown: Stoney Creek, Ont., and Toronto

Together since: February 2010

Their story:

▶ Dragan and Margarita made an instant connection on their first date.

"Just when I (Margarita) was about to give up on online dating — thanks to MANY disappointing dates — I received a message from Dragan.

"The outdoorsy photos on his profile really caught my attention. After just a few chats, I asked if he wanted to talk on the phone.

"He passed my 'phone test' brilliantly by calling right away and suggesting we meet in person.

"On our first date, we went out for drinks and nachos, and we had a great time playing a question and answer game to learn more about each other. There was instant chemistry between us. For the first time in months, a first date was exciting again!

"Soon after, we took our first trip together to New York City — and proclaimed our love to each other on the way back to Toronto. We love spending our weekends together — rollerblading, cooking, going out or just cutting the lawn. I couldn't have dreamt of having such a perfect life companion: Dragan is loyal, smart, active and hardworking. I can say with a confidence that I found 'the one'.

"Finding love online is possible. Maybe kissing a few frogs is worth it in the end!"

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Fun and Frugal

LESLEY SCORGIE
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LOYALTY CAN PAY OFF

According to Canadaloyalty.com, the average Canadian consumer carries six different loyalty cards in the hopes of saving money or getting free stuff. The purpose of a loyalty program is to persuade you to change your buying behaviour — consume more than you would in the absence of a program, and ideally from the same vendor. It's tempting to turn ordinary purchases of groceries, fuel or shoes into something of value — free hotels and flights. However, these programs can be complex and may trick a savvy buyer into overbuying and overspending. Everyone loves free rewards, but not at the expense of your financial plan.

It only makes sense to join a loyalty program if you're already a loyal shopper, thus it's meaningful and you earn rewards for purchases you'd otherwise have made. For most Canadians, this means accumulating credit card or airline points.

But remember: Rewards shouldn't drive your purchase decisions. Good financial planning should; have only one or two credit cards and avoid carrying a balance. Does the purchase help build your net worth? If it doesn't, think again.

'Tis the season to get great deals

Alison's seasonal money rule ● Nothing beats the fall for dollar stretching opportunities

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Fall is a wonderful time to enjoy hiking, biking, gardening and cooking with the wealth of seasonal produce now available. It's also a great time to stretch your dollar by shopping for supplies to do all of the above.

My shopping goal this fall is a bicycle. My 35 year old (yes, you read it right) road bike, an original Apollo Mark IV, met its end in a repair shop whose owners scuttled away in the middle of the night taking my beloved steed with them.

Now my mourning period is over I need to get back in the saddle and, fortunately, deals abound as the season winds down. Expect to save 20 to 30 per cent or more on bikes at most price levels.

Here are some other items that are a fall shopper's delight:

Al Fresco: Forget BBQs, instead look for reductions on patio furniture and everything to do with dining in the great outdoors. Selection can be sketchy but the trend today is mix and match.

RVs: If you are thinking about RV'ing next summer or want to upgrade from a tent, you'll find an array of mark downs especially on motorhomes.

Holiday gifts: Small decor items, candles, tableware and paper products that smack of summer can be 50 per cent off or more at this time of year but they are a delight to receive in the depths of winter.

Clothes: Fall into winter. Lots of clothing items that come out in mid-August for the fall will start being reduced in a couple of weeks to make room for winter fashions. Most fall pieces will work brilliantly right through the winter.

Perennials: Even though fall is absolutely the best time to plant shrubs, trees and flowers, the garden centres are forced to reduce prices drastically to clear out stock.

Downtown shopping: There are excellent buys in cities. Check out the tourism website of your favourite urban spot and look for packages that combine hotel, entertainment and dining.

ALASTAIR GRANT/THE ASSOCIATED PRESS

▶ Fall is the time of sales, so get ready to save!

Interest rates/ Savings accounts

BANK	RATE
BMO	1.25%
CIBC	0.70%
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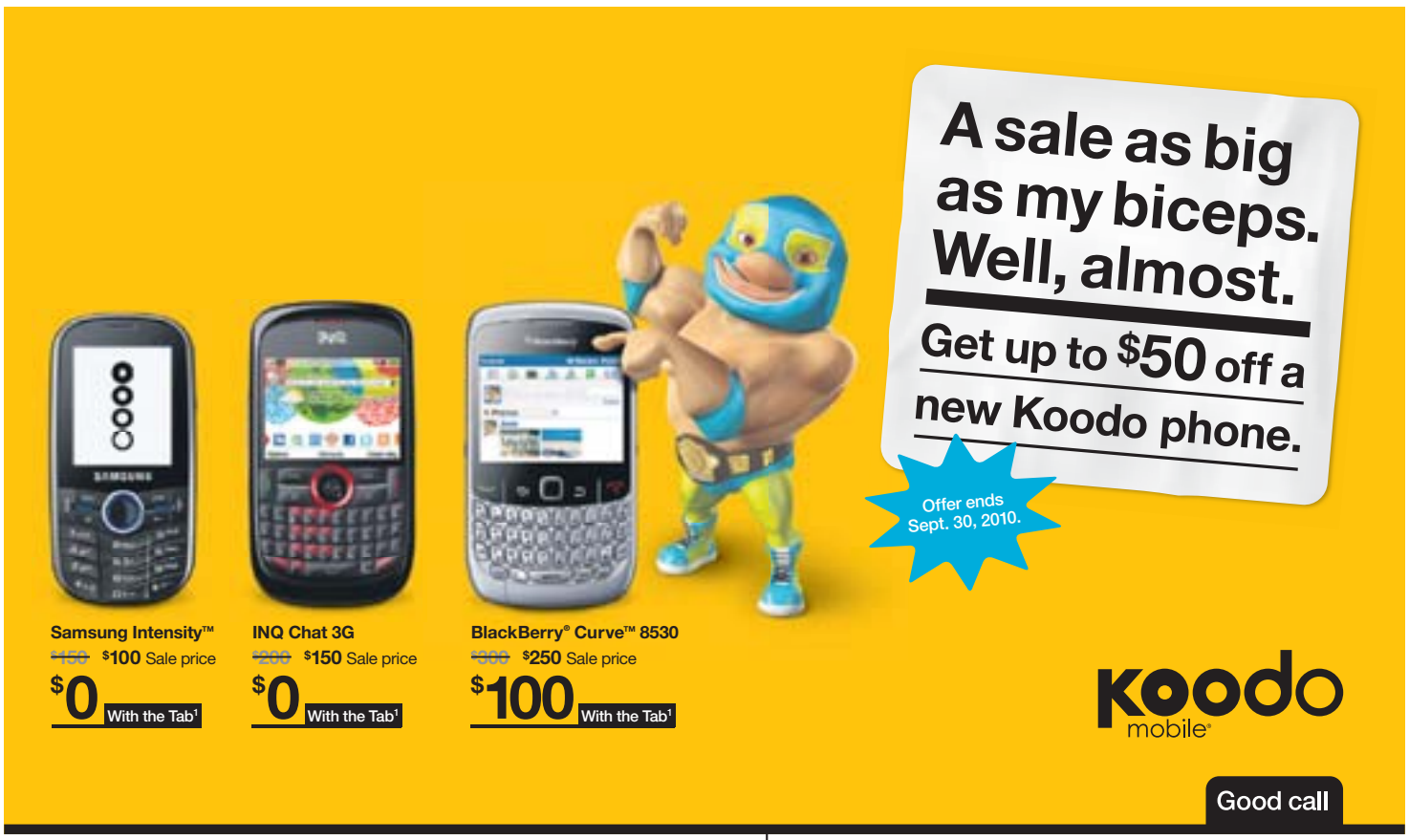
RBC	1.15%
SCOTIA	1.25%
TD	1.15%
ALLY	2.00%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE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Upgrade through distance ed

Experts caution to research options available

RICHARD WOODBURY
FOR METRO OTTAWA

For people looking to upgrade their business skills, plenty of distance education opportunities are available through learning institutions across Canada. The subjects are limitless and could include business plans, writing skills and small business marketing.

But distance learning isn't for everybody, cautions the dean of the School of Part-time Studies at Algonquin College in Ottawa.

"Number one: They've got to make sure that they're disciplined enough to be successful in the online world," says Linda Rees.

Just like in the classroom, distance education requires lots of reading, researching, writing and test-taking.

"Is there a facilitator?" asks Colla Jean MacDonald, a professor and distance learning expert at the University of Ottawa. She says it's important that courses have somebody to whom the students can turn to for assistance.

Students should also find out if the course can be applied towards a future diploma or degree.

"Different institutions have different characteristics," says Jeff Miller, the senior manager of distance learning at the University of British Columbia.

To make the most of one's distance education experience, students must ask the right questions before the experience begins.

Many advantages to distance education

Two of the main advantages of taking courses through distance education are the access and flexibility it provides.

"Those are two huge things," says Linda Rees, the dean of the School of Part-time Studies at Algonquin College in Ottawa.

This access means people from across the globe are able to stay in their hometowns and upgrade their skills.

The flexibility it provides allows people with full-time jobs or those with busy schedules to continue to learn.

"People can position their learning into their schedule," says Jeff Miller, the senior manager of distance learning at the University of British Columbia.

RICHARD WOODBURY

▶ Distance education can be a great way to upgrade your business skills.

University of Ottawa

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Online ed fits everyone

Skills required for success same as in traditional classrooms
Time management important to maximizing your experience

RAF BRUSILOW
FOR METRO CANADA

Afraid your personality won't fit the world of online learning? Don't worry, experts say, online education doesn't require any special skills you wouldn't already use in a regular classroom.

Tricia Donovan is director of eCampusAlberta, a consortium of 15 publicly funded colleges and technical institutes in Alberta offering online courses and programs. She says the common idea that online learners have to be more driven and self-sufficient than in-class learners because of the technical requirements is a myth.

"A lot of the literature will say that people who are self-motivated and driven fit best into online learning, but our experience is that motivation itself is enough for any educational program. If you can search the web you have all the technical ability required to complete an online education," Donovan said.

If there is a personality trait that gives you an advantage, it's time management. Dr. Keith Hampson, director of digital education strategies at Ryerson University's G. Raymond Chang School, says the lack of scheduled in-class work periods means online students often need to manage time well.

"Most online courses are set up so that students can have a great deal of control over when they do work, by and large that is a benefit, but it can also be a challenge. In the classroom, a schedule is provided for you — online, some students find they need to develop a schedule themselves," Hampson said.

ISTOCK

▶ Time management skills are an important factor in the success of your online learning experience.

Before you commit

Test it out: Most reputable online programs will let you try out a class or two to see if you like what you see and then cancel with a full refund if you don't — check each school's policies first, though.

Do you have what it takes?

Online courses involve a lot more idea-sharing than a classroom setting. "The web experience can in many ways be more exploratory than what most people get in class — online courses have very strong application to the way business actually works today," said Edward Carson, associate director of the University of Toronto's School of Continuing Studies. RAF BRUSILOW

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12 weeks (36 hours in class and 36 hours online)
FRENCH AS A SECOND LANGUAGE (9 LEVELS)
Evenings: 6 pm to 9 pm (9 Levels)
Saturdays: 9am to noon (6 Levels)
September 27 to December 18, 2010

ENGLISH AS A SECOND LANGUAGE (5 LEVELS)
September 27 to December 18, 2010

FULL TIME
4 weeks (60 hours in class and 60 hours online)
FRENCH AS A SECOND LANGUAGE (4 Levels)
October 12 to November 5, 2010
Level 1 and 3 – 12:30 pm to 3:30 pm;
Level 2 and 4 – 9 am to noon
November 15 to December 1, 2010
Level 1 and 3 – 9 am to noon;
Level 2 and 4 – 12:30 pm to 3:30 pm

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4 sports

Will he stay or go? Melo isn't saying

Anthony shows up at Denver media day wearing Nuggets jersey

Carmelo Anthony wouldn't come out and say he wants out of Denver. His inaction has indicated otherwise.

Anthony hasn't signed a $65-million US extension that's been on the table since June, leading the Nuggets to engage in trade talks for their superstar forward who has led them to the playoffs in each of his seven seasons.

The all-star fidgeted in his seat during media day yesterday and talked around questions concerning his future with the team.

"I'm here, man. I'm here today. Whatever the future holds, it holds," Anthony said. "Practice starts tomorrow and we'll go from there."

Anthony arrived wearing his white, powder blue and gold uniform.

But just how much longer he may be donning that jersey didn't get any clearer. He said he planned to be "committed 100 per cent" when training camp begins today.

"There's been a lot of speculation, a lot of rumours going on this summer about where I'm going to end up, the Nuggets want to trade me, I want to be traded," Anthony said.

"That's for my team and front office to discuss. I'm here to focus on basketball and training camp."

The Nuggets have been engaging in talks with teams interested in acquiring Anthony. A potential mega-deal with New Jersey hit a snag over the weekend, putting the Nuggets and Anthony in the awkward position of being together with camp set to start.

The new management team of vice-president of basketball operations Masai Ujiri and president Josh Kroenke began entertaining offers for their star when he let the three-year, $65-million contract sit without his signature.

Asked if signing the extension still remained a possibility, Anthony said, "Right now, I'm leaving my options open.

"At the end of the season, I'll sit down with my team, sit down with the Nuggets, we'll discuss it and go from there," said Anthony, who showed up at the news conference wearing no shoes.

He also insisted he's never requested a trade.

"I never once said that," Anthony said.

THE ASSOCIATED PRESS

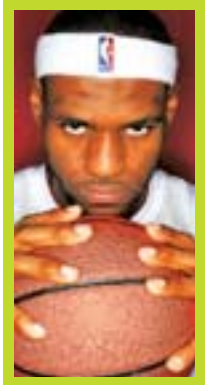
30.7

Number of points per game averaged by Carmelo Anthony last season, second only to Dwyane Wade's 33.2.

DAVID J. PHILLIP/THE ASSOCIATED PRESS

▶ Carmelo Anthony has been linked to the New Jersey Nets in recent trade talks.

Quoted



"I don't want to keep harping about what people have said about me. But personally, I'm motivated by what has gone on this summer."

LEBRON JAMES, ON THE HOSTILE REACTION TO HIS MOVE TO MIAMI

Sports in brief

Famed NFLer Blanda dies

NFL. George Blanda, the seemingly ageless Hall of Fame quarterback and kicker whose 26-year career was best remembered for a remarkable run of late-game theatrics with the Oakland Raiders, has died. He was 83.

THE ASSOCIATED PRESS

Buffalo cuts Edwards loose

NFL. The Buffalo Bills have released quarterback Trent Edwards in a surprise move that came a week after he lost the starting job for a second straight season.

The team announced the move in a two-paragraph release yesterday, a day after Ryan Fitzpatrick provided the offence with a spark in a 38-30 loss at New England.

THE ASSOCIATED PRESS

Man guilty for Angel's death

MLB. A jury has found a man guilty of murder in the deaths of Los Angeles Angels pitcher Nick Adenhart and two others in a drunken-driving crash. The Orange County jury returned the verdict yesterday against 23-year-old Andrew Gallo after deliberating since Thursday.

The 22-year-old Adenhart, 20-year-old Courtney Stewart and 25-year-old Henry Pearson died in the April 9, 2009, collision in Fullerton.

THE ASSOCIATED PRESS

Rams' Jackson has groin strain

NFL. St. Louis Rams running back Steven Jackson has a groin strain and his availability is day to day.

The two-time Pro Bowl player broke the news on his Twitter feed after undergoing an MRI exam yesterday, and tweeted that he'd already had two hours of rehab treatment.

THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Tampa Bay	93	63	.596	—	—	5-5	L-2	48-31	45-32
New York	93	64	.592	½	—	4-6	L-1	52-29	41-35
Boston	87	69	.558	6	5½	5-5	W-1	44-34	43-35
Toronto	81	75	.519	12	11½	8-2	W-5	45-34	36-41
Baltimore	62	94	.397	31	30½	4-6	W-1	34-43	28-51

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Minnesota	92	63	.594	—	—	5-5	L-3	52-25	40-38
Chicago	83	73	.532	9½	9½	4-6	L-1	40-35	43-38
Detroit	80	76	.513	12½	12½	8-2	L-1	52-29	28-47
Cleveland	66	91	.420	27	27	5-5	W-4	36-43	30-48
Kansas City	63	92	.406	29	29	3-7	L-3	34-40	29-52

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Texas	87	68	.561	—	—	5-5	W-3	48-26	39-42
Oakland	77	78	.497	10	15	5-5	L-3	47-34	30-44
Los Angeles	75	80	.484	12	17	4-6	L-4	40-38	35-42
Seattle	59	96	.381	28	33	4-6	W-1	35-42	24-54

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Philadelphia	94	63	.599	—	—	8-2	W-1	52-29	42-34
Atlanta	87	69	.558	6½	½	4-6	L-1	52-23	35-46
Florida	77	78	.497	16	10	4-6	L-1	38-39	39-39
New York	76	79	.490	17	11	4-6	W-2	44-30	32-49
Washington	67	90	.427	27	21	5-5	L-1	40-39	27-51

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Cincinnati	87	69	.558	—	—	4-6	W-1	45-30	42-39
St. Louis	80	75	.516	6½	7	5-5	W-1	46-28	34-47
Houston	74	82	.474	13	13½	4-6	L-2	41-37	33-45
Milwaukee	73	82	.471	13½	14	6-4	W-1	40-41	33-41
Chicago	70	85	.452	16½	17	6-4	L-1	35-46	35-39
Pittsburgh	55	100	.355	31½	32	7-3	W-2	40-41	15-59

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
San Francisco	88	68	.564	—	—	6-4	W-1	45-30	43-38
San Diego	87	68	.561	½	—	5-5	L-1	44-33	43-35
Colorado	83	72	.535	4½	4	4-6	L-1	52-26	31-46
Los Angeles	75	81	.481	13	12½	3-7	L-2	43-35	32-46
Arizona	64	92	.410	24	23½	6-4	W-2	40-41	24-51

x-clinched division

AMERICAN LEAGUE

Last night's results
Toronto 7 N.Y. Yankees 5
Cleveland 6 Detroit 3
Baltimore 4 Tampa Bay 0
Seattle at Texas
Boston 6 Chicago White Sox 1
Minnesota at Kansas City
Oakland at L.A. Angels

Sunday's results
Toronto 5 Baltimore 2
Cleveland 5 Kansas City 3
Detroit 5 Minnesota 1
Seattle 6 Tampa Bay 2
Chicago White Sox 4 L.A. Angels 3
Texas 16 Oakland 9
N.Y. Yankees 4 Boston 3 (10 ings.)

Tonight's games
(All times Eastern)
Detroit (Scherzer 12-10) at Cleveland (Talbot 9-13), 7:05 p.m.
N.Y. Yankees (Sabathia 20-7) at Toronto (Drabek 0-2), 7:07 p.m.
Baltimore (Bergesen 8-10) at Tampa Bay (Price 18-6), 7:10 p.m.
Seattle (F.Hernandez 12-12) at Texas (Feldman 7-10), 8:05 p.m.
Boston (Lackey 13-11) at Chicago White Sox (E.Jackson 3-2), 8:10 p.m.
Minnesota (Blackburn 10-10) at Kansas City (O'Sullivan 3-6), 8:10 p.m.
Oakland (Braden 10-13) at L.A. Angels (Haren 3-4), 10:05 p.m.

NATIONAL LEAGUE

Last night's results
Philadelphia 8 Washington 0
Florida at Atlanta
Milwaukee at New York (ppd., rain)
Pittsburgh at St. Louis
L.A. Dodgers at Colorado
Chicago Cubs at San Diego

Sunday's results
Washington 4 Atlanta 2
Pittsburgh 9 Houston 3
N.Y. Mets 7 Philadelphia 3
Milwaukee 7 Florida 1
St. Louis 8 Chicago Cubs 7
San Francisco 4 Colorado 2
Cincinnati 12 San Diego 2
Arizona 5 L.A. Dodgers 4

Tonight's games
(All times Eastern)
Philadelphia (Oswalt 13-13) at Washington (Marquis 2-9), 7:05 p.m.
Florida (Ani.Sanchez 12-11) at Atlanta (T.Hudson 16-9), 7:10 p.m.
Houston (W.Rodriguez 11-12) at Cincinnati (Volquez 4-3), 7:10 p.m.
Milwaukee (Gallardo 14-7) at N.Y. Mets (Niese 9-10), 7:10 p.m.
Pittsburgh (Burres 3-4) at St. Louis (Suppan 2-7), 8:15 p.m.
L.A. Dodgers (Kuroda 11-13) at Colorado (Francis 4-6), 8:40 p.m.
Chicago Cubs (Dempster 14-11) at San Diego (Latos 14-8), 10:05 p.m.
Arizona (R.Lopez 7-14) at San Francisco (J.Sanchez 11-9), 10:15 p.m.

WILD CARD

AMERICAN LEAGUE

	W	L	Pct	GB
NY Yankees	93	64	.592	-
Boston	87	69	.558	5.5

NATIONAL LEAGUE

	W	L	Pct	GB
San Diego	87	68	.561	-
Atlanta	87	69	.558	0.5
Colorado	83	72	.535	4.0
St. Louis	80	75	.516	7.0

AMERICAN LEAGUE

BLUE JAYS 7, YANKEES 5

New York	ab	r	h	bi	Toronto	ab	r	h	bi
Jeter ss	5	1	1	0	Snider lf	3	2	2	0
Swisher rf	4	1	1	0	YEscor ss	2	1	0	0
Teixeir 1b	5	1	2	3	JBautst rf	4	0	0	1
ARdrgz 3b	4	0	0	0	V.Wells cf	4	1	3	3
Cano 2b	4	0	1	0	Overay 1b	3	1	1	0
Thams dh	4	0	1	0	J.Buck c	4	2	2	2
Kearns lf	3	1	2	0	Lind dh	4	0	1	0
Gmdrs cf	4	1	1	2	Encrnc 3b	3	0	0	1
Cervelli c	2	0	0	0	JMcDnl 2b	3	0	0	0
Posada ph-c	1	0	0	0					
Totals	**36**	**5**	**9**	**5**	**Totals**		**30**	**7**	**9** **7**
New York					000 020 300		5		
Toronto					115 000 00x		7		

E—Encarnacion (17). DP—New York 1, Toronto 1. LOB—New York 7, Toronto 4. 2B—Snider 2 (20), V.Wells (42), Overbay (36). HR—Teixeira (33), Granderson (24), V.Wells (31), J.Buck (19). SF—Encarnacion.

	IP	H	R	ER	BB	SO
New York						
A.J.Burnett L,10-15	2 1-3	7	7	7	1	1
Albaladejo	1 2-3	0	0	0	1	0
Moseley	2	1	0	0	1	2
D.Robertson	1 1-3	1	0	0	0	0
Logan	1-3	0	0	0	0	0
Gaudin	1-3	0	0	0	0	0
Toronto						
Rzepczynski W,3-4	5	4	2	2	3	9
Tallet	1 1-3	4	3	3	0	3
Roenicke H,2	1-3	0	0	0	0	0
Carlson H,1	1-3	1	0	0	0	0
S.Downs H,25	1	0	0	0	0	2
Gregg S,36-41	1	0	0	0	0	0

T—2:48. A—16,004 (49,539) at Toronto.

SOCCER

MLS

Tomorrow's games
(All times Eastern)
Philadelphia at Colorado, 9 p.m.
Chicago at San Jose, 11 p.m.
Saturday's games
Toronto FC at Seattle, 3:30 p.m.
Houston at Philadelphia, 4 p.m.
San Jose at Columbus, 7:30 p.m.
Real Salt Lake at New England, 7:30 p.m.
Kansas City at New York, 7:30 p.m.
Chicago at FC Dallas, 8:30 p.m.
D.C. United at Colorado, 9 p.m.
Sunday's game
Los Angeles at Chivas USA, 8 p.m.

SPAIN

LA LIGA

Yesterday's result
Malaga 2 Villarreal 3

PORTUGAL

LIGA

Yesterday's result
Setubal 1 Pacos Ferreira 0

GOLF

WORLD RANKING

THROUGH SEPT. 26

1. Tiger Woods	USA	9.04
2. Phil Mickelson	USA	8.58
3. Lee Westwood	Eng	8.50
4. Steve Stricker	USA	7.82
5. Jim Furyk	USA	7.60
6. Martin Kaymer	Ger	7.10
7. Paul Casey	Eng	6.24
8. Luke Donald	Eng	5.90
9. Rory McIlroy	NIr	5.67
10. Ernie Els	SAf	5.48
11. Matt Kuchar	USA	5.35
12. Dustin Johnson	USA	4.98
13. Graeme McDowell	NIr	4.86
14. Hunter Mahan	USA	4.76
15. Edoardo Molinari	Ita	4.73
16. Ian Poulter	Eng	4.72
17. Retief Goosen	SAf	4.60
18. Anthony Kim	USA	4.17

NHL

PRE-SEASON

Last night's results
Toronto 5 Buffalo 4
Montreal 6 Florida 2
Nashville 2 Atlanta 1

Tonight's games
(All times Eastern)
Buffalo vs. Ottawa (at Dundas, Ont.), 7 p.m.
Philadelphia at New Jersey, 7 p.m.
Boston at Washington, 7 p.m.
Chicago at Pittsburgh, 7 p.m.
Minnesota at Columbus, 7 p.m.
Dallas at Colorado, 9 p.m.
Phoenix at Calgary, 9 p.m.
San Jose at Vancouver, 10 p.m.
Anaheim at Los Angeles, 10:30 p.m.

LEAFS 5, SABRES 4

First Period
1. Buffalo, Stafford 1 (Roy, Leopold) 4:00 (pp)
2. Toronto, Kessel 3 (Phaneuf, Versteeg) 5:45 (pp)
3. Toronto, Kessel 4 (Bozak, Versteeg) 14:53

Penalties — Tor bench (too many men; served by MacArthur) 3:30; Sekera Buf (delay of game) 5:00.

Second Period
4. Buffalo, Gerbe 1 (Roy, Stafford) 3:38 (pp)
5. Toronto, Kulemin 3 (Grabovski, MacArthur) 8:36
6. Buffalo, Leopold 1 (Roy, Stafford) 15:11

Penalties — Komisarek Tor (tripping) 2:10; Gaustad Buf (roughing), Orr Tor (roughing, goaltender interference) 17:18.

Third Period
7. Toronto, Hanson 1 (Orr, Phaneuf) 9:55
8. Toronto, Kulemin 4 (MacArthur, Grabovski) 11:00
9. Buffalo, Gerbe 2, 12:08 (PS)

Penalty — Grabovski Tor (holding) 4:24.

Shots on goal by

Buffalo	11	13	15	39
Toronto	14	16	8	38

Goalies (shots-saves) — Buffalo: Lalime (21-18), Enroth (10:05 second) (17-15); Toronto: Gustavsson. **Power plays (goals-chances)** — Buffalo: 2-4; Toronto: 1-1.

Attendance — 18,096 at Toronto.

CANADIENS 6, PANTHERS 2

First Period
1. Florida, Booth 3 (Wideman, Weiss) 8:32 (pp)
2. Montreal, Spacek 1 (Eller, Cammalleri) 15:57
3. Montreal, Plekanec 3 (Weber) 18:29 (sh)

Penalties — Subban Mtl (kneeing) 0:47; Frolik Fla (slashing) 2:34; Ellerby Fla (elbowing) 3:27; Henry Mtl (high-sticking) 8:14; Lapierre Mtl (holding stick) 13:23; Subban Mtl (cross-checking) 17:38.

Second Period
No Scoring.

Penalties — Duco Fla (hooking) 3:27; Duco Fla, White Mtl (fighting) 10:11; Maxwell Mtl (interference) 13:22; Henry Mtl (tripping) 15:37; McCabe Fla (holding) 17:16.

Third Period
4. Montreal, Pyatt 1 (Maxwell, Weber) 0:44
5. Montreal, Plekanec 4 (Eller, Cammalleri) 3:47
6. Montreal, White 2 (Engqvist) 4:29
7. Florida, Weiss 1 (Booth, Wideman) 18:07 (pp)
8. Montreal, Cammalleri 1 (Eller, Gorges) 19:27

Penalties — McArdle Fla (double roughing), Pouliot Mtl (roughing) 5:08; Allen Fla (interference) 7:28; Allen Fla (cross-checking), Subban Mtl (diving) 10:01; Duco Fla, White Mtl (game misconduct, fighting), Gudbranson Fla (misconduct, fighting), Florida bench (abuse of officials; served by Dadonov), Moen Mtl (misconduct, boarding, fighting) 12:47; Ellerby Fla (roughing, fighting), Dumont Mtl (fighting) 13:08; Repik Fla (hooking) 14:44; Spacek Mtl (tripping) 17:44.

Shots on goal by

Florida	7	8	6	21
Montreal	12	10	13	35

Goal (shots-saves) — Florida: Vokoun: (L,1-1-0)(22-20), Markstrom (start third, 13-9); Montreal: Price (W,1-2-0)(21-19). **Power plays (goals-chances)** — Florida: 2-7; Montreal: 0-8.

Attendance — 21,273 (21,273) at Montreal

NFL

WEEK 3

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	2	1	0	.667	68	47
Miami	2	1	0	.667	52	51
New England	2	1	0	.667	90	82
Buffalo	0	3	0	.000	47	87

SOUTH

	W	L	T	Pct	PF	PA
Houston	2	1	0	.667	77	78
Indianapolis	2	1	0	.667	89	61
Tennessee	2	1	0	.667	78	42
Jacksonville	1	2	0	.333	40	83

NORTH

	W	L	T	Pct	PF	PA
Pittsburgh	3	0	0	1.000	72	33
Cincinnati	2	1	0	.667	59	55
Baltimore	2	1	0	.667	44	41
Cleveland	0	3	0	.000	45	57

WEST

	W	L	T	Pct	PF	PA
Kansas City	3	0	0	1.000	68	38
San Diego	1	2	0	.333	72	61
Denver	1	2	0	.333	61	65
Oakland	1	2	0	.333	52	76

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Philadelphia	2	1	0	.667	83	62
Washington	1	2	0	.333	56	67
Dallas	1	2	0	.333	54	53
N.Y. Giants	1	2	0	.333	55	85

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	2	1	0	.667	77	46
New Orleans	2	1	0	.667	63	58
Tampa Bay	2	1	0	.667	50	59
Carolina	0	3	0	.000	32	71

NORTH

	W	L	T	Pct	PF	PA
Chicago	2	0	0	1.000	46	34
Green Bay	2	0	0	1.000	61	27
Minnesota	1	2	0	.333	43	38
Detroit	0	3	0	.000	56	78

WEST

	W	L	T	Pct	PF	PA
Seattle	2	1	0	.667	72	57
Arizona	2	1	0	.667	48	77
St. Louis	1	2	0	.333	57	49
San Francisco	0	3	0	.000	38	87

Last night's result
Green Bay at Chicago

Sunday's results
Atlanta 27 New Orleans 24 (OT)
Baltimore 24 Cleveland 17
Cincinnati 20 Carolina 7
Dallas 27 Houston 13
Kansas City 31 San Francisco 10
Minnesota 24 Detroit 10
New England 38 Buffalo 30
Pittsburgh 38 Tampa Bay 13
Tennessee 29 N.Y. Giants 10
St. Louis 30 Washington 16
Philadelphia 28 Jacksonville 3
Seattle 27 San Diego 20
Arizona 24 Oakland 23
Indianapolis 27 Denver 13
N.Y. Jets 31 Miami 23

CFL

WEEK 13

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Montreal	12	9	3	0	388	290	18
Hamilton	12	6	6	0	295	318	12
Toronto	12	6	6	0	243	317	12
Winnipeg	12	3	9	0	331	333	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	12	9	3	0	406	274	18
Saskatchewan	12	8	4	0	353	329	16
B.C.	12	4	8	0	308	305	8
Edmonton	12	3	9	0	224	378	6

x — clinched playoff berth.

Sunday's result
At Moncton, N.B.
Edmonton 24 Toronto 6

WEEK 14

Friday's game
(All times Eastern)
Montreal at Calgary, 9 p.m.

Saturday's games
Saskatchewan at Toronto, 3 p.m.
Winnipeg at B.C., 10 p.m.

Sunday, Oct. 3
Hamilton at Edmonton, 4:30 p.m.

TRANSACTIONS

BASEBALL

MLB

LEAGUE OFFICE—Suspended Baltimore RHP Alfredo Simon for three games and fined him an undisclosed amount for intentionally throwing a pitch at Jose Bautista in a Sept. 26 game at Toronto. Suspended Baltimore manager Buck Showalter for one game and fined him an undisclosed amount for Simon's intentional actions following the warning. Fined Toronto RHP Shaun Marcum an undisclosed amount for intentionally throwing a pitch at Baltimore's Luke Scott.

BASKETBALL

NBA

DALLAS MAVERICKS—Signed F Brian Cardinal, G Dee Brown and G Adam Haluska.
GOLDEN STATE WARRIORS—Named Keith Smart coach.
LOS ANGELES CLIPPERS—Signed C Jarron Collins, C Jake Voskuhl, F Marqus Blakely, G Stephen Dennis and G Jon Scheyer.

FOOTBALL

NFL

LEAGUE OFFICE—Suspended Miami DT Tony McDaniel one game for violating the NFL's personal conduct policy.
ARIZONA CARDINALS—Re-signed WR Onrea Jones. Released CB A.J. Jefferson. Released RB Ian Johnson from the practice squad.
BUFFALO BILLS—Released QB Trent Edwards.
CHICAGO BEARS—Waived G Johan Asiata. Signed OL Edwin Williams from the practice squad.
JACKSONVILLE JAGUARS—Released DB Michael. Re-signed S Gerald Alexander, TE Ernest Wilford. Waived QB Brett Ratliff from the practice squad.
SAN FRANCISCO 49ERS—Fired offensive coordinator Jimmy Raye. Promoted quarterbacks coach Mike Johnson to offensive coordinator and offensive assistant Jason Michael to quarterbacks coach.

HOCKEY

NHL

BUFFALO SABRES—Returned D Mark Pysyk, F Corey Fienhage, F Kevin Sundher, F Steven Shipley, F Gregg Sutch, F Cedrick Henley, F Riley Boychuk, D Jerome Gauthier-Leduc and D Matt MacKenzie to their junior teams. Released G Zane Kalemba.
CHICAGO BLACKHAWKS—Assigned F Evan Brophey and F Jeff Taffe to Rockford (AHL). Assigned G Cristobal Huet to HC Fribourg-Gotteron SA (Swiss National League A).
LOS ANGELES KINGS—Assigned D Andrew Campbell, D Johan Fransson, D Alec Martinez and C Oscar Moller to Manchester (AHL).
MINNESOTA WILD—Reassigned F Cody Almond, F Colton Gillies, F Carson McMillan, F Chad Rau, D Tyler Cuma, D Jamie Fraser, D Maxim Noreau, D Nate Prosser, D Jared Spurgeon and G Matt Hackett to Houston (AHL). Waived F Jon DiSalvatore, F Robbie Earl, F Peter Kalus and F Warren Peters.
MONTREAL CANADIENS—Returned F Louis Leblanc to Montreal (QMJHL) and D Jarred Tinordi to London (OHL). Assigned G Robert Mayer, D Frederic St-Denis, F Andrew Conboy, F Olivier Fortier, F Dany Masse, F Aaron Palushaj, F J.T. Wyman, D Sebastien Bisaillon, D Marc-Antoine Desnoyers, D Kyle Klubertanz, D Brendon Nash, D Neil Petruic, D David Urquhart, F Alexander Avtsin, F Jimmy Bonneau and F Ian Shultz to Hamilton (AHL).
NASHVILLE PREDATORS—Assigned F Blake Geoffrion to Milwaukee (AHL).
NEW YORK RANGERS—Assigned G Chad Johnson, D Wade Redden, F Dane Byers, F Evgeny Grachev, F Kris Newbury, F Dale Weise, F Jeremy Williams and F Mats Zuccarello to Hartford (AHL). Released D Garnet Exelby, D Brandon Manning and D Alexei Semenov.
PHOENIX COYOTES—Assigned D Jonas Ahnelov, RW Matt Beaudoin, G Matt Climie, LW Ryan Hollweg, C Bracken Kearns, LW Josh Lunden, LW Brett MacLean, G Al Montoya, LW Alexander Picard, LW Blair Riley, D Garrett Stafford, D Michael Stone, D Chris Summers and D Nolan Yonkman to San Antonio (AHL). Returned D Brandon Gormley to Moncton (QMJHL).
ST. LOUIS BLUES—Assigned D Dean Arsene, D Brennan Evans, F Adam Cracknell, F Graham Mink, F Ryan Reaves, F Brett Sonne and F David Spina to Peoria (AHL).
VANCOUVER CANUCKS—Assigned D Nolan Baumgartner, C Mario Bliznak, D Kevin Connauton, D Evan Oberg, LW Prab Rai, C Jordan Schroeder, D Chris Tanev, F Aaron Volpatti, D Sean Zimmerman and D Travis Ramsey to Manitoba (AHL).
WASHINGTON CAPITALS—Signed F Matt Hendricks to a one-year contract. Assigned F Francois Bouchard, D Sean Collins, F Kyle Greentree, D Grant McNeill, D Zach Miskovic and F Brian Willsie to Hershey (AHL).

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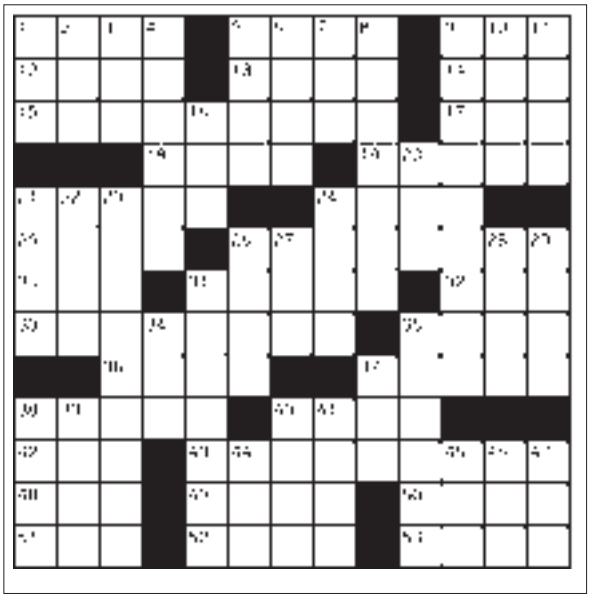
Crossword



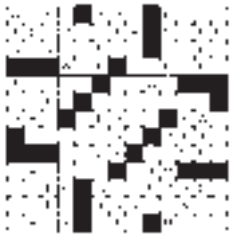
Across

1 Huck Finn's carrier
5 Staff leader?
9 Half a dance
12 Look lasciviously
13 Peru's capital
14 Communal pronoun
15 Aplenty
17 Last (Abbr.)
18 Nitwit
19 Long and lean
21 Aden's land
24 Brewer's oven
25 Smell
26 People on parade
30 Actress Lucy
31 Sweetheart
32 Buck's mate
33 Noted TV documentarian
35 Wild hog
36 Istanbul resident
37 Redhead's secret?
38 Thorax
40 High-decibel
42 Smack
43 Water sources
48 Hostel
49 Incite
50 Eye layer
51 Sch. org.
52 Privation
53 Gridlock noise

Down

1 Filch
2 Past
3 Winter woe
4 Sore
5 Movie sample
6 A bowl of cherries?
7 Ostrich's cousin
8 Mistaken idea
9 Anticipated
10 Bruce Banner's alter ego
11 Bohemian
16 Heavy weight
20 Fire residue
21 Egg center
22 Falco or McClurg
23 Sicilian spouter
24 Raw minerals
26 TV alien
27 Curry of NBC News
28 Horse of a different color?
29 Antitoxins
31 Injurious
34 Urban transport
35 Smear
37 Islander's home
38 Intel product
39 Suggestion
40 Drags along
41 Change for a five
44 Acapulco gold
45 "— Got a Secret"
46 Born
47 Potential syrup

▶ Yesterday's answer



Sudoku

		8		7		3	2	
9	3		6				5	
		4			1			
		2		8				
8		6				1		4
				9		5		
			9			2		
	1				7		3	8
	4	5		6		7		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	6	8	4	7	9	3	2	1
9	3	1	6	2	8	4	5	7
7	2	4	3	5	1	8	9	6
1	5	2	7	8	4	9	6	3
8	9	6	2	3	5	1	7	4
4	7	3	1	9	6	5	8	2
6	8	7	9	1	3	2	4	5
2	1	9	5	4	7	6	3	8
3	4	5	8	6	2	7	1	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Happy Birthday Boyfriend! It's hard to believe it's already been a year since you turned a 'half a century.' I'm so glad we've spent it together and excited for the ones to come. Je t'adore :)
YOUR SNUGGLEMONSTER

Muffin, I just wanted you to know how much I truly do love you.
YOUR SHNUGGLE-BUNNY

Jenny, LIFE is what you make it and I hope you still want to make a LIFE with Me, Your Pooh Bear Paul. I Love You with all of me after all this time. Forever Yours and Longer
PAUL XOXO

Jonathan, you always make me smile every day. happy anniversary! i can't wait to see you today.i love you soooooo much my sweetheart.
ILIANA M.

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 What you are proposing may be in everyone's best interests but for some strange reason certain individuals won't go along with your plan.

♉ Taurus April 21-May 21 If you insist on your plans being perfect before you embark on them then most likely you will never get started. The ideal moment will never arrive.

♊ Gemini May 22-June 21 Being the contrary person you are you will take a perverse delight in doing the opposite of what others are expecting of you.

♋ Cancer June 22-July 22 YSo many people are telling you that you are following the wrong course, but you know what you are doing even if they are too blind to see it. Always listen to your inner voice and always act on what it tells you — especially today.

♌ Leo July 23-Aug.23 You want your ideas to be taken seriously but that will only happen when you are clear in your own mind what it is you believe in.

♍ Virgo Aug. 24- Sept. 22 Don't sit around waiting for other people to make you happy – make yourself happy by the things that you choose to do.
.

♎ Libra Sept. 23-Oct. 23 Everyone seems to be watching you at the moment. You can feel the eyes on your back wherever you go.

♏ Scorpio Oct. 24-Nov. 22 Do you work harder than ever or do you slow down a bit and enjoy your leisure time? The planets say you should be winding down and giving your mind and your body time to recover from recent exertions.

♐ Sagittarius Nov. 23-Dec. 21 By all means move ahead with a creative project of some kind but do you really need to commit such large chunks of your time and money to it? The planets urge you to keep it simple.

♑ Capricorn Dec. 22-Jan. 20 You may be incredibly busy at the moment but you must still make time for the things that really matter, such as your family and your romantic relationships.

♒ Aquarius Jan. 21-Feb. 18 It's rare for you to change the way you look at the world, but something will happen today that causes you to question your belief system. Could it be that reality is not what you thought it was? Then what is it? Find out.

♓ Pisces Feb. 19-March 20 Try not to get too excited about a money or business matter today, because if you allow yourself to get carried away you could make a costly mistake, one that will only become apparent when the Sun aspects Saturn at the end of the week.
SALLY BROMPTON

Caption contest

LAI SENG SIN/THE ASSOCIATED PRESS

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Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

JACK DEMPSEY/THE ASSOCIATED PRESS

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Deals of the week

NON-STOP FLIGHTS

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Varadero

Allegro Varadero • 3★
All-Inclusive • Superior rm.
Jan. 8 – 22 • 1 wk.
$499
+Taxes & other fees (including service charges): $222
Departure tax: 25 CUC cash, paid locally

Sirenis La Salina Varadero Beach Resort • 4★
All-Inclusive • Standard rm.
Jan. 8 – 22 • 1 wk.
$629
+Taxes & other fees (including service charges): $222
Departure tax: 25 CUC cash, paid locally

DOMINICAN REPUBLIC

Punta Cana

Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
Jan. 8, 15 & 22 • 1 wk.
$1089
+Taxes & other fees (including service charges): $305

MEXICO

Cancun/Riviera Maya

Grand Sirenis Riviera Maya Hotel & Spa • 5★
All-Inclusive • Junior suite
Jan. 22 • 1 wk.
$1409
+Taxes & other fees (including service charges): $284

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive
Standard rm.
Dec. 25 • 1 wk.
PRIVILEGES
$1729
+Taxes & other fees (including service charges): $276

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
Dec. 25 • 1 wk.
PRIVILEGES
$1929
+Taxes & other fees (including service charges): $276

FLIGHTS VIA TORONTO

SAINT LUCIA

Bay Gardens Inn • 2 1/2★
Standard rm.
Oct. 9 – 24 • 1 wk.
$779
+Taxes & other fees (including service charges): $243

SAINT LUCIA

The Village Inn & Spa • 3★
All-Inclusive • Standard rm.
Oct. 9 – 31 • 1 wk.
$1099
+Taxes & other fees (including service charges): $243

BAHAMAS

Great Exuma

Grande Isle Resort & Spa • 4★
Continental breakfast
One-bedroom villa garden view
Nov. 7 – 29 • 1 wk.
$1369
+Taxes & other fees (including service charges): $214

USA

FLORIDA | Orlando

***Disney's Pop Century* Resort • 3★**
Special offer • Standard rm.
Jan. 8, 15, 22 & 29 • 1 wk.
$749
+Taxes & other fees (including service charges): $129

CRUISE

Carnival Cruise Lines[1]

Carnival Victory®
Southern Caribbean Cruise
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Jan. 9 • 1 wk.
$1059
+Taxes & other fees (including service charges): $291

BAHIA PRINCIPE HOTELS & RESORTS

DOMINICAN REPUBLIC

Punta Cana

Gran Bahia Principe Punta Cana • 4 1/2★
All-Inclusive • Junior suite
Jan. 8, 15 & 22 • 1 wk.
$1349
+Taxes & other fees (including service charges): $305

MEXICO

Cancun/Riviera Maya

Gran Bahia Principe Tulum • 5★
All-Inclusive • Standard rm.
Jan. 22 • 1 wk.
$1379
+Taxes & other fees (including service charges): $284

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THE 2011 BMW 323i LUXURY EDITION.

Automatic Transmission, Glass Sunroof, Electric Seats, BMW Assist with Bluetooth Technology, USB Audio Integration, 17" Double Spoke alloy wheels | **$3,500 IN SAVINGS†**

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